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SEASONAL FAMILY FOOD

recipes+ NEW ZEALAND

+ DECEMBER 2016 + FACEBOOK.COM/RECIPESPLUSNZ

SPECIAL Christmas Edition

FESTIVE MENUS FOR EVERY OCCASION!

101 FUSS-FREE RECIPES

+ GLAZED TURKEY
+ SIDES & SNACKS
+ XMAS PUDDING

10 WAYS WITH TRIFLES

YOUR DECEMBER
recipes+ meal planner

HONEY & MUSTARD GLAZED HAM, P5

$1.95 a serve

GINGERBREAD HOUSE, P58

$1 a serve

MARSHMALLOW CRACKLE TREES, P74

$1 each

DECEMBER 2016 $4.50

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From the **Editor**

It's the season of surprises and eating fantastic food. So rather than wax lyrical about this special time of year, we'd rather cram in a bonus recipe to make your Christmas even more delicious. On behalf of the team at **recipes+** may you and yours have a wonderful season of eating!

Nick **EDITOR**

Mud Cakes

+ 125g butter, chopped + 100g dark chocolate, chopped + ½ cup water + 1 cup firmly packed brown sugar + ¾ cup plain flour + ⅓ cup self-raising flour + 2 tablespoons cocoa powder + 1 egg, lightly whisked + 12 assorted chocolates + Bought chocolate frosting, to serve

Preheat oven to 160°C/140°C fan-forced. Line a 12-hole (⅓-cup) muffin tray with paper cases. Combine butter, dark chocolate and the water in a saucepan; cook and stir over low heat for 3 minutes or until melted and smooth. Stir in sugar. Remove from heat. Cool slightly. Stir in sifted flours, cocoa powder and egg until combined. Spoon into prepared holes; level surfaces. Place a chocolate at the centre of each. Bake for 20 minutes. Remove from oven. Cool completely in pan. Spread cooled cakes with frosting to serve. **Makes 12**

Like us on Facebook facebook.com/recipesplusnz, where you'll find the recipes for festive Party Punch, Raspberry & Rosewater Daiquiri, and Mango & Cinnamon Pina Colada

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To access some of our favourite recipes from this issue online, as well as additional kitchen tips and tricks, look out for the *Food To Love* stamp throughout this issue of **recipes+**

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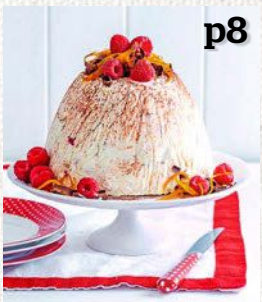
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OUR RECIPES

How we test them

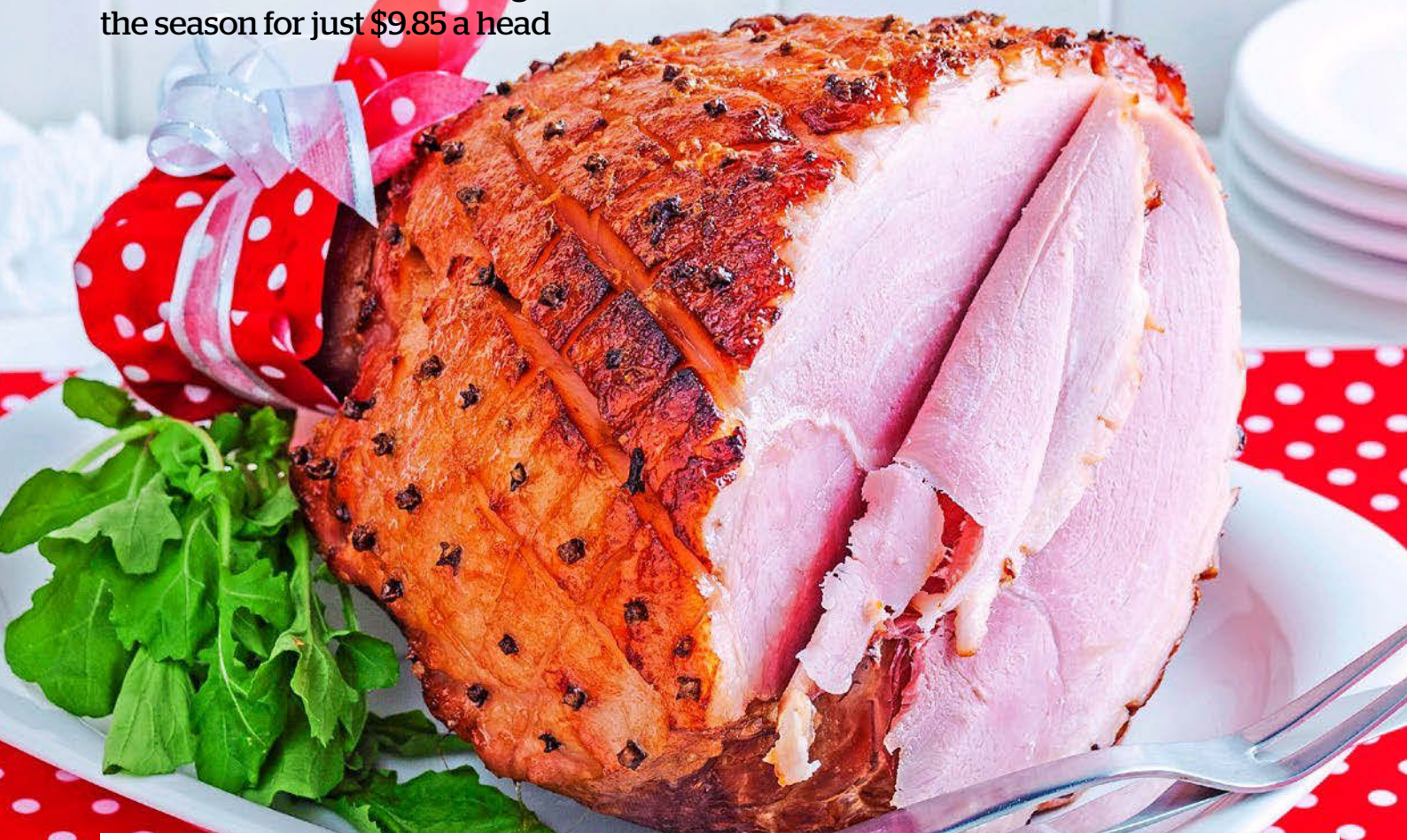
- We use Standard Metric Measures. All measures are level.
- We use 59-60g eggs.
- Oven temperatures are given for conventional ovens and reduced by 20°C for fan-forced (convection) cooking. However, as ovens vary by at least 10°C, check manufacturer's handbook for recommendations.
- We also use an 800-watt microwave oven.

How we cost them

- Costs per serve (in NZ$) as printed throughout the magazine are guides only. Prices were recorded at supermarkets and at suburban butchers and greengrocers as we went to press.
- Costings for major food items are based on the best buys after comparing major or home brands. Costings for all ingredients and fresh produce, when in season, are only for the quantity needed for each recipe.
- All prices quoted for recipes are subject to GST and also price increases.

All the trimmings

Make a fabulous menu for eight to celebrate the season for just $9.85 a head



Honey & Mustard Glazed Ham

SERVES 16 **PREP** 20 minutes **COOK** 50 minutes **COST** $1.95 a serve **+ STORING** Keep leftover ham covered with a damp, clean tea towel in the fridge for up to 4 days. You'll need to refresh the tea towel under cold water occasionally to prevent ham from drying out.

⅔ cup honey
½ cup firmly packed brown sugar
1 tablespoon freshly grated ginger
1 tablespoon Dijon mustard
2 cloves garlic, crushed
3.5kg bone-in leg ham
Whole cloves, to decorate
Fabric and ribbon, to wrap (optional)
Rocket, to garnish

1 Preheat oven to 160°C/140°C fan-forced. Line an ovenproof dish with 2 sheets of baking paper. Combine honey, sugar, ginger, mustard and garlic in a saucepan; cook and stir over low heat until sugar dissolves.

2 Using a small, sharp knife, cut rind, in a zigzag pattern around shank of ham, about 10cm from end. Run thumb under rind around edge of ham, then peel rind in one piece, easing it away from the fat layer underneath. Using a small, sharp knife, score the fat layer on ham in a diamond pattern, about 5mm deep. Decorate with cloves. Transfer ham to prepared dish.

3 Brush a third of the honey mixture over ham. Bake, brushing occasionally with remaining honey mixture, for 45 minutes or until browned and caramelised. Transfer ham to a serving platter. Wrap fabric around shank with ribbon (if using). Garnish with rocket leaves. Carve to serve.

MENU FOR 8

- Bruschetta Platter with Smoked Salmon Dip
- Honey & Mustard Glazed Ham
- Vegetable Couscous Salad
- Potato & Rosemary Gratin
- Frozen Christmas Pudding

Bruschetta Platter with Smoked Salmon Dip

SERVES 8 **PREP** 20 minutes **COOK** 10 minutes **COST** **$2.85 a serve**

1 breadstick (baguette), thinly sliced
2 tablespoons light olive oil, plus 1 tablespoon extra
250g mixed cherry tomatoes, sliced
150g bocconcini, sliced
¼ cup basil leaves
1 spring onion, finely chopped
2 teaspoons balsamic vinegar
1 bunch asparagus, trimmed, blanched, halved lengthwise
Smoked Salmon Dip (recipe, right), to serve

1 Heat a char-grill pan over moderate heat. Brush bread with oil. Grill bread, in batches, for 1 minute each side or until toasted. Transfer to a large serving platter.

2 Combine tomato, bocconcini, basil, onion, extra oil and vinegar in a bowl.

3 Add asparagus to platter with bread. Serve with salsa and Smoked Salmon Dip.

Smoked Salmon Dip

SERVES 8 **PREP** 10 minutes

300g smoked salmon, skin removed, flaked
250g light cream cheese, at room temperature
Grated zest and juice of 1 lemon
Few drops of red Tabasco sauce

1 Place salmon, cream cheese, juice and Tabasco in a food processor; process until smooth.

2 Transfer mixture to a serving dish. Serve topped with zest.

MAKE AHEAD
You can make this dip up to 1 day ahead. Store in an airtight container in the fridge

BUDGET WINNER
$1.40
A SERVE

Potato & Rosemary Gratin

SERVES 8 **PREP** 20 minutes
COOK 1 hour 35 minutes

75g butter
⅓ cup cream
2 cloves garlic, thinly sliced
1 tablespoon rosemary leaves
1.5kg all-rounder potatoes (such as desiree), thinly sliced
500g orange kumara, halved lengthwise, thinly sliced

1 Preheat oven to 180°C/160°C fan-forced. Grease a 2-litre (8-cup) rectangular ovenproof dish. Place butter, cream, garlic and rosemary in a saucepan; cook and stir over low heat for 3 minutes or until melted and combined.

2 Arrange potato and kumara in prepared dish. Pour butter mixture over the top. Cover with foil; bake for 30 minutes. Remove foil; bake for a further 1 hour or until potato is golden brown and tender.

TOP TIPS

+Use a mandoline to thinly slice potato.
+ Omit rosemary. Use tarragon or sage instead

Frozen Christmas Pudding

SERVES 8 **PREP** 30 minutes + 4 hours to freeze **COST** $1.75 a serve

600ml thickened cream
395g can sweetened condensed milk
2 teaspoons finely grated orange zest
1 teaspoon vanilla essence
1 cup frozen raspberries, plus ⅓ cup extra, to decorate
100g dark eating chocolate, chopped, plus extra, shaved, to decorate
⅓ cup dried sweetened cranberries (craisins)
⅓ cup mixed peel
Orange zest strips, to decorate
Cocoa powder, to dust

1 Grease and line a 2-litre (8-cup) pudding basin with plastic food wrap, allowing it to overhang the rim. Using an electric mixer, beat cream, condensed milk, zest and essence in a large bowl until mixture thickens and doubles in volume.

2 Fold raspberries, chopped chocolate, cranberries and mixed peel through cream mixture. Spoon into prepared pudding basin; level surface. Cover with plastic food wrap; freeze for 4 hours or overnight until firm.

3 Place a large serving plate in the freezer to chill for 10 minutes. Invert pudding basin onto prepared plate. Remove and discard plastic food wrap. Decorate with shaved chocolate, extra raspberries and orange zest strips. Serve dusted with cocoa powder.

MAKE AHEAD
You can make this pudding up to 5 days ahead

Vegetable Couscous Salad

SERVES 8 **PREP** 15 minutes
COOK 35 minutes **COST** $1.90 a serve
+ BUDGET TIP Use green capsicum instead of red.

1kg pumpkin, cut into 1cm-thick slices
1 red capsicum, sliced
1 red onion, cut into wedges
2 tablespoons light olive oil, plus 1 tablespoon extra
1 cup couscous
1 cup boiling water
1 tablespoon chopped sweetened dried cranberries (craisins)
100g mixed baby spinach and rocket leaves
2 tablespoons lemon juice
1 avocado, sliced
2 tablespoons pine nuts, toasted (optional)
½ cup coriander leaves

1 Preheat oven to 200°C/180°C fan-forced. Line an oven tray with baking paper. Combine pumpkin, capsicum, onion and oil in a large bowl. Place on prepared tray. Bake for 35 minutes until vegetables are tender. Transfer to a large heatproof bowl.

2 Meanwhile, place couscous in a heatproof bowl. Stir in the boiling water. Cover with plastic food wrap. Set aside for 5 minutes or until liquid is absorbed. Using a fork, fluff and separate grains.

3 Add couscous and cranberries to vegetables, along with spinach mixture, extra oil and juice; toss to combine. Spoon onto a large serving platter. Top with avocado and pine nuts (if using). Serve sprinkled with coriander.

For more Xmas ideas, go to

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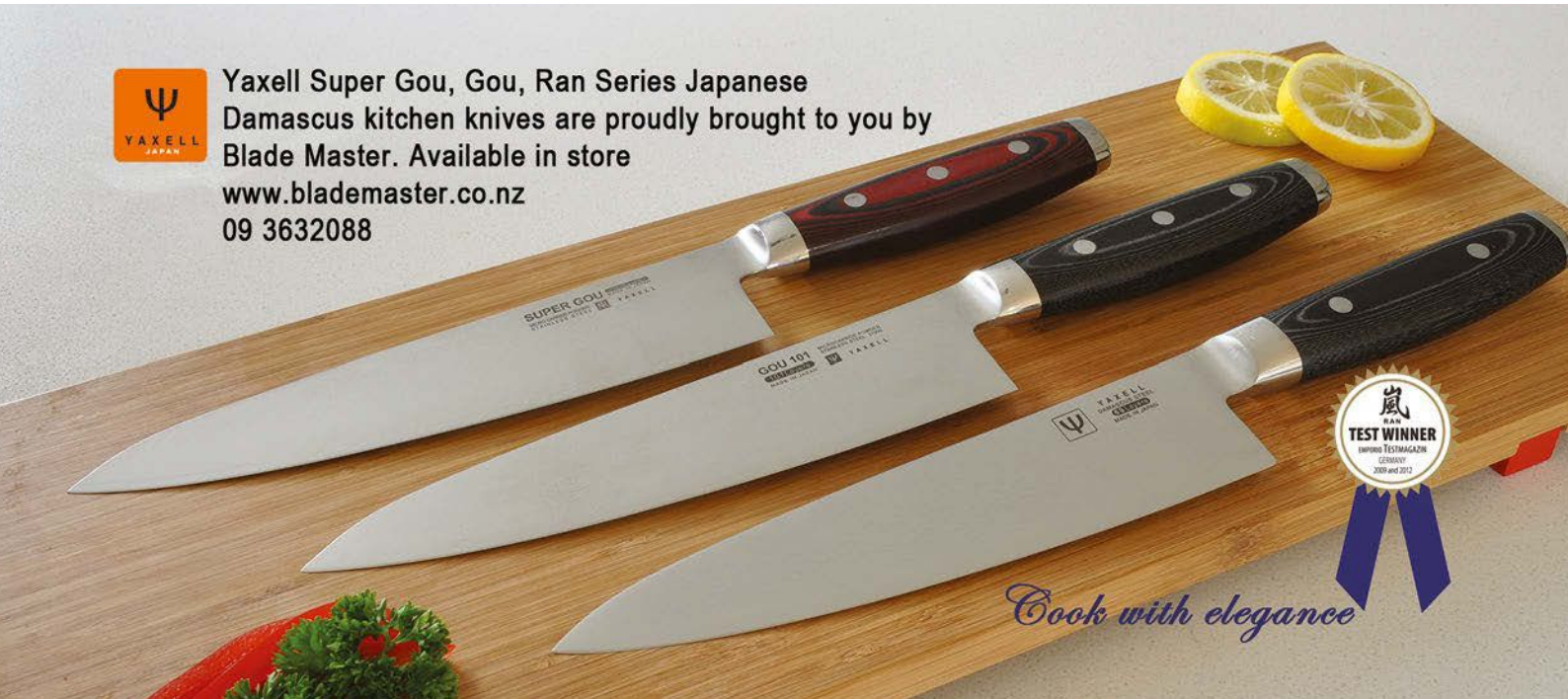
PHOTOGRAPHY **RODNEY MACUJA**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Deck the DECK

Take your celebration lunch outdoors with this sensational barbecue menu for just $10.20 a head

Grilled Chicken with Cranberry Relish

SERVES 8 **PREP** 10 minutes + 30 minutes to marinate **COOK** 10 minutes **COST** $3 a serve

4 (800g) single chicken breast fillets, cut in half horizontally to make 8
¾ cup clear apple juice
¼ cup maple-flavoured syrup
1 tablespoon vegetable or olive oil
2 cloves garlic, crushed
2 teaspoons thyme leaves
1 quantity Cranberry Relish (recipe, right), to serve

1 Place chicken in a shallow glass dish. Whisk juice, maple-flavoured syrup, oil, garlic and thyme in a jug. Pour over chicken; turn to coat. Cover with plastic food wrap; chill for 30 minutes to marinate.

2 Heat a barbecue grill to moderate. Drain chicken; discard marinade. Add chicken to grill; cook for 4 minutes each side or until browned and cooked. Transfer chicken to a serving platter.

3 Serve topped with Cranberry Relish.

MAKE AHEAD
You can make the relish up to 3 days ahead. Store in an airtight container in the fridge

Cranberry Relish

MAKES 1 cup **PREP** 5 minutes **COOK** 15 minutes

300g frozen cranberries
¾ cup firmly packed brown sugar
¼ cup red wine vinegar
2 tablespoons water
1 tablespoon freshly grated ginger

Place cranberries, sugar, vinegar, the water and ginger in a saucepan; cook and stir over low heat for 2 minutes or until sugar dissolves. Increase heat. Bring to the boil. Reduce heat; simmer, stirring occasionally, for 10 minutes or until mixture thickens.

Beetroot, Feta & Asparagus Salad

SERVES 8 **PREP** 10 minutes
COOK 5 minutes **COST** **$1.60 a serve**

2 red onions, cut into wedges
2 bunches asparagus, trimmed
1 tablespoon light olive oil, plus 1 tablespoon extra
150g baby spinach leaves
425g beetroot wedges, drained
¾ cup walnuts, toasted
1 tablespoon red wine vinegar
100g feta, cubed

1 Heat a barbecue grill to high. Place onion and asparagus on a plate. Drizzle with oil; turn to coat. Add onion to grill; cook and turn for 5 minutes; add asparagus in last 2 minutes of cooking.

2 Place spinach in a serving bowl. Add onion, asparagus, beetroot and walnuts; toss to combine. Whisk extra oil and the vinegar in a jug. Add dressing to salad; toss to combine. Serve sprinkled with feta.

BARBECUE MENU FOR 8

- Grilled Chicken with Cranberry Relish
- Beetroot, Feta & Asparagus Salad
- Grilled Octopus, Calamari & Rocket Salad
- Herbed Potato Salad with Buttermilk Dressing
- Raspberry Swirl Meringue Nests

Grilled Octopus, Calamari & Rocket Salad

SERVES 8 **PREP** 10 minutes + 30 minutes to chill **COOK** 5 minutes **COST** **$2.50 a serve**

500g calamari rings
250g cleaned baby octopus
2 tablespoons vegetable or light olive oil
2 tablespoons soy sauce
1 tablespoon sweet chilli sauce
2 cloves garlic, crushed
3 spring onions, thinly sliced
2 fresh small red chillies, finely chopped
1 tablespoon lemon juice
80g baby rocket leaves

1 Combine calamari and octopus in a glass bowl. Whisk oil, soy sauce, sweet chilli sauce, garlic, green onion, chopped chilli and juice in a jug. Add dressing to calamari mixture; toss to combine. Cover with plastic food wrap; chill for 30 minutes.

2 Heat a barbecue plate to high. Drain calamari mixture; discard marinade. Add to barbecue plate; cook and turn for 5 minutes or until tender. Transfer to a heatproof bowl. Add rocket; toss to combine.

PHOTOGRAPHY **ANDRE MARTIN, JAMES MOFFATT & JOHN PAUL URIZAR**

Herbed Potato Salad

SERVES 8 **PREP** 10 minutes
COOK 20 minutes

1kg small equal-sized waxy potatoes
2 tablespoons vegetable or olive oil
1 clove garlic, crushed
⅓ cup coarsely chopped flat-leaf parsley, plus extra micro parsley (optional), to serve
¼ cup coarsely chopped mint
1 quantity Buttermilk Dressing (recipe, below), to serve

1 Place potatoes in a large heavy-based saucepan. Cover with cold water. Bring to the boil over high heat. Boil for 12 minutes or until just tender. Drain; refresh under cold water. Slice. Transfer to a large bowl.

2 Heat a barbecue grill to moderately high. Add oil and garlic to potatoes; toss to combine. Add potato to grill; cook and turn for 5 minutes or until browned and tender. Transfer to a large heatproof serving bowl.

3 Add parsley, mint and Buttermilk Dressing to potatoes; toss to combine. Serve sprinkled with micro parsley (if using).

Buttermilk Dressing

MAKES ¾ cup **PREP** 5 minutes
+ TOP TIP No buttermilk? Whisk 1 tablespoon lemon juice with ½ cup skim milk.

½ cup buttermilk
½ cup mayonnaise
1 tablespoon lemon juice
Few drops of red Tabasco sauce

Whisk buttermilk, mayonnaise, juice and tabasco in a jug.

Raspberry Swirl Meringue Nests

SERVES 8 **PREP** 20 minutes **COOK** 1 hour
COST $1.85 a serve

125g raspberries, plus 125g extra, to serve
1 tablespoon water
2 tablespoons cornflour, plus 2 teaspoons extra
4 egg whites, at room temperature
¼ teaspoon salt
1 cup caster sugar
1 teaspoon white vinegar
1½ cups Greek-style natural yoghurt
1 teaspoon rosewater essence
250g strawberries, sliced
2 tablespoons unsalted pistachios, finely chopped

1 Preheat oven to 150°C/130°C fan-forced. Line 2 oven trays with baking paper. Using a pencil and a 10cm cookie cutter as a guide, mark 4 discs on each tray. Turn paper, pencil-side down.

2 Place raspberries, the water and extra cornflour in a blender; blend until almost smooth. Using an electric mixer, beat egg whites and salt in a large, clean, dry bowl until firm peaks form. Gradually add sugar, beating until dissolved. Beat in cornflour and vinegar.

3 Spoon meringue mixture onto prepared trays. Spoon dollops of raspberry puree over each meringue and, using a skewer, swirl through meringue to create a marbled effect. Bake for 20 minutes.

4 Reduce oven temperature to 120°C/100°C fan-forced. Bake meringues for a further 40 minutes or until firm to the touch. Turn off oven. Cool meringues in oven with door ajar. Whisk yoghurt and essence in a bowl. Place meringues on a serving platter. Top with yoghurt mixture, strawberries and extra raspberries. Serve sprinkled with pistachios.

For more al fresco ideas, go to

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MAKE AHEAD

You can make the raspberry puree (step 2) up to 2 days ahead. Store in an airtight container in the fridge

TEAM PICK!

Brunch for a bunch

Rise and shine in true festive spirit with this easy brekkie to share for only $8.55 a head

Peach Punch

SERVES 8 **PREP** 15 minutes
COST $1.90 a serve **+ TOP TIP** Recipe is best made just before serving.

4 peaches, halved, thinly sliced
1 cup ice cubes
1 litre (4 cups) chilled cranberry juice
3 cups freshly squeezed orange juice
3 cups chilled clear apple juice

1 Place peach and ice cubes in a large serving jug.

2 Add the cranberry, orange and apple juices; stir to combine.

Ham Roulade Bites on Potato Rosti

SERVES 8 (Makes 24) **PREP** 20 minutes + 1 hour to chill **COOK** 15 minutes **COST** $1.85 a serve

250g cream cheese, at room temperature
¼ cup finely chopped mixed glacé fruit
¼ cup dried unsweetened cranberries (craisins), chopped
2 tablespoons chopped unsalted pistachios
2 tablespoons finely chopped chives
6 large thin slices smoked leg ham
1.2kg all-rounder potatoes (such as desiree), coarsely grated
80g butter, melted
2 cups watercress sprigs

1 Combine cream cheese, glacé fruit, cranberries, pistachios and chives in a large bowl. Tear 2 x 22cm pieces of baking paper. For each roulade, place a piece of prepared paper on a clean work surface. Top with 3 slices of ham, overlapping slightly, to create an 18cm x 12cm rectangle. Spoon half the cream cheese mixture along centre of ham. Using paper as a guide, roll ham to enclose cream cheese filling and form a log. Repeat with remaining paper, ham and cream cheese mixture to make another roulade. Chill for 1 hour or until firm.

2 Meanwhile, preheat oven to 200°C/180°C fan-forced. Line 2 oven trays with baking paper. To make potato rosti, using hands, squeeze excess liquid from potato. Place in a large bowl. Add the melted butter. Season; mix well. Spoon 24 equal-sized quantities of potato mixture onto prepared trays, flatten to 4cm discs. Bake for 15 minutes or until golden brown.

3 Remove roulades from paper. Cut each into 12 slices. Place the potato rosti on a platter. Top each with a roulade slice and a watercress sprig.

Cherry & Feta Focaccia

SERVES 8 **PREP** 30 minutes + 1 hour 40 minutes to prove **COOK** 25 minutes
COST $2 a serve

2 cups lukewarm water
1 tablespoon honey
2 x 7g sachets (1 tablespoon) dried yeast
4½ cups bread flour
½ cup light olive oil, plus ½ cup extra, to serve
1 teaspoon salt
2 tablespoons chopped thyme leaves
2 teaspoons fennel seeds, crushed
125g frozen cherries, thawed
100g feta, crumbled
2 tablespoons balsamic vinegar

1 Combine the lukewarm water, honey and yeast in a heatproof jug. Stand in a warm, draught-free place for 10 minutes or until frothy. Sift flour into a large bowl. Make a well at centre. Add yeast mixture, oil, salt, half the thyme and half the fennel seeds.

2 Using hands, bring dough together. Turn out onto a lightly floured surface; knead until smooth. Place dough in a lightly oiled bowl. Stand in a warm, draught-free area for 1 hour or until doubled in size.

3 Grease a 30cm x 20cm (base measurement) slice pan. Turn out dough onto a lightly floured surface; knead until smooth. Press dough over the base of prepared tray. Press cherries and feta into top of dough. Sprinkle with remaining thyme and remaining fennel seeds. Place in a warm, draught-free area for 30 minutes or until well risen.

4 Preheat oven to 200°C/180°C fan-forced. Bake focaccia for 25 minutes or until it sounds hollow when lightly tapped. Stand in pan for 5 minutes, then transfer to a wire rack. Place extra oil in a serving bowl. Add balsamic vinegar. Serve oil mixture with focaccia.

MENU FOR 8

- Peach Punch
- Ham Roulade Bites on Potato Rosti
- Cherry & Feta Focaccia
- Seafood Tarts

Seafood Tarts

SERVES 8 (Makes 16) **PREP** 40 minutes + 30 minutes to chill **COOK** 20 minutes
COST $2.80 a serve **+ MAKE AHEAD** Pastry (step 1) can be made up to 2 days ahead, or label, date and freeze for up to 1 month. Thaw in the fridge overnight. + Pastry cases (step 2) can be made up to 1 day ahead. Store in an airtight container in a cool, dark place.

2 cups plain flour
150g butter, chilled, chopped
2 egg yolks
1 tablespoon iced water
2 tablespoons light olive oil
1 celery stalk, finely chopped
2 spring onions, thinly sliced
1 clove garlic, crushed
⅔ cup cream
1 lemon, zest finely grated, juiced
250g uncooked prawns, peeled, deveined, halved lengthwise
350g packet hot-smoked salmon, skin removed, flaked
¼ cup finely chopped chives
Dill sprigs, to serve

1 Place flour and butter in a food processor; pulse to form coarse crumbs. Add egg yolks and the iced water; pulse until dough comes together. Turn out onto a lightly floured work surface; knead briefly. Divide dough into 2 equal portions. Shape each portion into a disc. Wrap separately in plastic food wrap; chill for 30 minutes.

2 Preheat oven to 200°C/180°C fan-forced. Place 8 x 16cm (base measurement) fluted tart pans on 2 baking trays. Roll each pastry portion out between 2 sheets of baking paper until 5mm thick. Using a 9cm round cookie cutter, cut 8 discs from each portion of pastry, to make 16 pastry cases in total. Line prepared pans with pastry. Line pastry with baking paper. Cover bases with dried beans, rice or pie weights. Bake for 5 minutes. Remove weights and paper. Bake for a further 10 minutes or until just coloured. Cool in pans. Transfer to a wire rack.

3 Heat oil in a large frying pan over moderate heat. Cook and stir celery, onion and garlic for 2 minutes or until just tender. Stir in cream, zest and juice. Bring to a simmer. Reduce heat. Add the prawns; simmer for 3 minutes or until prawns curl and change colour. Remove from heat. Stir in salmon and chives.

4 Place pastry cases on a platter. Fill with seafood mixture. Serve topped with dill sprigs.

PHOTOGRAPHY **ROB SHAW**

CRACKLE time

Score a 10 out of 10 when you serve up these pork recipes loaded with extra crunch!

Pork Belly with Marmalade Glaze

SERVES 6 **PREP** 15 minutes **COOK** 1 hour 45 minutes **COST** $3.45 a serve

1.4kg pork belly
¼ cup orange marmalade
2 tablespoons red wine vinegar
2 tablespoons light olive oil
2 teaspoons minced ginger
1 clove garlic, crushed

1 Preheat the oven to 180°C/160°C fan-forced. Place the pork on a chopping board. Using a large, sharp knife, score the pork rind at 1cm intervals.

2 Place pork on a wire rack in a large ovenproof dish. Whisk marmalade, vinegar, oil, ginger and garlic in a jug. Brush pork with half the marmalade mixture. Roast, brushing occasionally with remaining mixture, for 1 hour 15 minutes,

3 Increase oven temperature to 200°C/180°C fan-forced. Roast pork for a further 30 minutes or until browned and sticky. Stand for 5 minutes. Cut the pork into slices to serve.

PORK BELLY TIPS & TRICKS

+ CAREFUL DOES IT The pork rind won't crackle if there's any moisture on it. Pat rind dry with paper towel before preparing. If possible, keep pork uncovered in the fridge overnight.
+ KEEP IT SHARP For easy scoring, use a sharp knife. Ensure knife blades are always sharp – a blunt knife is more dangerous than a sharp one! Pork rind needs to be deeply scored to help render the fat and create a delicious crisp crackle.
+ RUB IT WELL Use your hand to really rub the salt and oil into the rind. The salt draws moisture from the rind during cooking, resulting in a perfectly crackled surface.

BUDGET WINNER $3 A SERVE

Five-spice Pork Belly with Asian Slaw

SERVES 8 **PREP** 15 minutes **COOK** 1 hour 55 minutes

1.6kg pork belly
3 teaspoons five-spice powder
1 tablespoon sea salt flakes
1 tablespoon light olive oil
Asian Slaw (recipe, right), to serve

1 Preheat oven to 180°C/160°C fan-forced. Place pork on a chopping board. Using a large, sharp knife, score pork rind at 1cm intervals **(step A)**. Combine five-spice and salt in a bowl.

2 Place pork on a wire rack in a large baking dish. Rub spice mixture into rind. Drizzle pork with oil **(step B)**. Roast pork for 1 hour 25 minutes.

3 Increase oven temperature to 230°C/210°C fan-forced. Roast for a further 30 minutes or until skin crackles and pork is cooked **(step C)**. Stand for 5 minutes.

4 Cut pork into pieces. Serve pork with Asian Slaw.

Asian Slaw

SERVES 8 **PREP** 15 minutes

300g red cabbage, hard core removed, shredded
100g Chinese cabbage (won bok), hard core removed, shredded
2 carrots, cut into matchsticks
80g snow pea sprouts, chopped
4 spring onions, finely chopped
⅓ cup coriander leaves
2 tablespoons sweet chilli sauce
1 tablespoon sesame oil
1 tablespoon sesame seeds, toasted

Combine red cabbage, Chinese cabbage, carrot, snow pea sprouts, onion and coriander in a large bowl. Whisk sweet chilli sauce and oil in a bowl. Add dressing to slaw; toss to combine. Serve sprinkled with sesame seeds.

RECIPES AMANDA LENNON PHOTOGRAPHY RODNEY MACUJA
STYLING JANE COLLINS FOOD PREPARATION NADIA FONOFF

YOUR ESSENTIAL...
glazes & stuffings

Crank up the Christmas flavour with these must-have sidekicks

1 Balsamic Glaze

MAKES 1 cup **PREP** 5 minutes
COOK 15 minutes

1 teaspoon light olive oil
1 spring onion, finely chopped
½ cup white balsamic
½ cup blackberry jam
3 teaspoons whole black peppercorns
3 teaspoons whole coriander seeds
2 teaspoons Dijon mustard

Heat oil in a saucepan over moderate heat. Add onion; cook and stir for 1 minute or until soft. Add balsamic, jam, peppercorns, coriander seeds and mustard; cook and stir for 2 minutes or until smooth and combined. Bring to the boil. Reduce heat; simmer for 10 minutes or until thickened slightly.

2 Spiced Pear Glaze

MAKES 1½ cups **PREP** 5 minutes
COOK 25 minutes

2 cups pear juice
½ cup caster sugar
½ teaspoon allspice
2 whole star anise
1 cinnamon stick
¼ cup brandy
1 lemon, zest finely grated, juiced

Combine pear juice, sugar, allspice, star anise, cinnamon stick and brandy in a medium saucepan over moderate heat. Bring to the boil; boil, stirring, for 2 minutes or until sugar dissolves. Reduce heat; simmer for 20 minutes or until the mixture thickens. Add zest and lemon juice; stir to combine.

3 Pork & Hazelnut Stuffing

MAKES 2 cups **PREP** 5 minutes
COOK 5 minutes
+ TOP TIP Use to stuff a 3.5kg turkey.

20g butter
1 onion, finely chopped
1 green-skinned apple, unpeeled, grated
1 bunch sage, chopped
500g pork mince
¾ cup toasted hazelnuts, skins removed, chopped
¼ cup finely chopped dried apricots
¼ cup brandy

Melt butter in a frying pan over moderate heat. Add onion; cook for 2 minutes or until soft. Add apple and sage; stir to combine. Remove from heat. Transfer to a heatproof large bowl. Add pork, hazelnuts, apricots and brandy; mix well.

4 Bacon & Macadamia Stuffing

MAKES 2 cups **PREP** 10 minutes
COOK 5 minutes
+ TOP TIP Use to stuff chicken or pork.

2 teaspoons vegetable or olive oil
2 rashers bacon, rind removed, chopped
1 tablespoon chopped thyme leaves
4 slices sourdough bread, torn
1 cup toasted chopped macadamias
1 cup milk
⅓ cup craisins, chopped
¼ cup port
2 tablespoons chopped flat-leaf parsley

Heat oil in a frying pan over moderate heat. Cook and stir bacon for 3 minutes or until golden. Stir in thyme. Remove from heat. Transfer to a heatproof bowl. Add bread, macadamias, milk, Craisins, port and parsley; mix well.

5 Coconut & Pineapple Glaze

MAKES 1 cup **PREP** 5 minutes
COOK 15 minutes

1 cup pineapple juice
⅓ cup firmly packed brown sugar
¼ cup Malibu rum
1 teaspoon mustard powder
2 teaspoons grated ginger

Combine juice, sugar, rum, mustard powder and ginger in a small saucepan over moderate heat. Bring to the boil, stirring. Reduce heat; simmer for 15 minutes or until thickened slightly.

6 Asian Lime & Chilli Glaze

MAKES 1 cup
PREP 5 minutes
COOK 15 minutes

⅓ cup water
2 limes, juiced
¼ cup chopped palm sugar
3 teaspoons finely grated ginger
2 teaspoons fish sauce
2 teaspoons Chinese five-spice
2 kaffir lime leaves, shredded
1 fresh long red chilli, chopped

Combine the water, juice, sugar, ginger, fish sauce, five-spice, lime leaves and chilli in a small saucepan over moderate heat. Bring to the boil, stirring. Reduce heat; simmer for 15 minutes or until thickened slightly.

TOP TIP
Brush glazes over an 8kg prepared ham. Bake in a 180°C/160°C fan-forced oven for 30-40 minutes, basting occasionally, until brown and sticky

7 Cherry & Salami Stuffing

MAKES 2 cups **PREP** 5 minutes
COOK 5 minutes
+ TOP TIP Use to stuff pork or chicken.

1 tablespoon vegetable or olive oil
1 cup chopped salami
1 onion, chopped
2 cloves garlic, crushed
1 teaspoon finely chopped thyme leaves
3 cups soft fresh breadcrumbs
1 cup pitted chopped cherries
¼ cup slivered almonds
30g butter, grated

Heat oil in a frying pan over moderate heat. Add salami and onion; cook and stir for 3 minutes or until the salami is golden brown. Add the garlic and thyme; cook and stir for 1 minute or until fragrant. Transfer to a large heatproof bowl. Add breadcrumbs, cherries, almonds and butter; stir to combine.

PHOTOGRAPHY ROB SHAW

Dashing **desserts**

These chocolate sensations are perfect to feed a crowd

BUDGET WINNER $1.10 A SERVE

CHOCOLATE KNOW-HOW

+ MELT IT Don't overheat chocolate or it will seize (become grainy). If this happens, you'll need to discard it and start with new chocolate.

+ STORE IT Keep chocolate in a cool, dark place. If you keep it in the fridge, the chocolate may create a "bloom" (go white).

+ DECORATE IT To make chocolate curls, just run a vegetable peeler lengthwise down the side of a block of chocolate.

Chocolate Swirl Cheesecake

SERVES 10 **PREP** 30 minutes + 3 hours 15 minutes to chill + cooling **COOK** 25 minutes

250g plain chocolate biscuits, broken into pieces
75g butter, melted
750g cream cheese, at room temperature
⅔ cup caster sugar
2 eggs, at room temperature
200g good-quality cooking chocolate, melted
100g white eating chocolate, melted

1 Preheat oven to 170°C/150°C fan-forced. Grease and line the base of a 22cm (base measurement) round springform pan with baking paper. Place biscuits in a food processor; process to make fine crumbs. Add butter; process to combine. Press mixture over base of prepared pan. Chill for 15 minutes.

2 Using an electric mixer, beat cream cheese and sugar in a large bowl until smooth. Add eggs, one by one, beating lightly after each addition. Divide cream cheese mixture between 2 bowls.

3 Stir melted dark chocolate into one portion of cream cheese mixture, and melted white chocolate into remaining portion. Spoon portions of cream cheese mixture alternately into prepared pan.

4 Using a bamboo skewer, swirl mixtures together to create a marbled effect. Bake for 25 minutes or until just set at the centre. Turn oven off. Cool cake in oven with the door slightly ajar. Chill for 3 hours or overnight until firm.

TOP TIP

To melt chocolate, place chocolate in a microwave-safe bowl. Microwave on High (100%) in 30-second bursts, stirring between each, until melted and smooth

Chocolate & Rum Mousse

SERVES 6 **PREP** 10 minutes + 3 hours to chill **COOK** 5 minutes + cooling **COST** $2.55 each

300g good-quality cooking chocolate, finely chopped
1⅔ cups thickened cream
2 teaspoons rum essence
1½ cups bought thick chocolate custard
125g raspberries, lightly crushed

1 Place 6 x 1-cup serving glasses on an oven tray. Place chocolate, cream and essence in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch water). Cook and stir for 3 minutes or until melted and smooth. Remove from heat. Cool.

2 Stir custard through chocolate mixture. Spoon chocolate mixture into prepared glasses; level surfaces. Cover with plastic food wrap; chill for 3 hours or until firm.

3 Serve mousse topped with raspberries.

PHOTOGRAPHY PHILLIP CASTLETON, LOUISE LISTER & ROB SHAW

Fab four

Using just four ingredients, you can whip up these amazing savoury and sweet recipes

Asian-style Drumsticks

SERVES 8 **PREP** 20 minutes **COOK** 45 minutes + 20 minutes to marinate

½ cup kecap manis
1 tablespoon finely grated ginger
3 teaspoons sesame seeds
16 chicken drumsticks

1 Line a large baking tray with baking paper.

2 Combine kecap manis, ginger and 2 teaspoons of the sesame seeds in a bowl.

3 Using a small, sharp knife, make two cuts, about 3 cm long and 1cm deep, in the thickest part of each chicken drumstick. Place the drumsticks on the prepared tray and season with cracked pepper.

4 Brush liberally with the marinade, coating the drumsticks completely.

5 Cover with plastic food wrap, then chill for 20 minutes to marinate. Preheat the oven to 200°C/180°C fan-forced. Bake the drumsticks in the marinade for 45 minutes or until cooked through, using tongs to turn and baste the drumsticks every 10 minutes. On the last baste, sprinkle with the remaining teaspoon of sesame seeds.

For more recipes using just 4 ingredients, see the IGA booket inside

Banoffee Ice-Cream Pie

SERVES 8 **PREP** 1 hour + freezing **COOK** 10 minutes

220g milk chocolate
600ml cream, chilled
400ml can condensed milk caramel
3 bananas, chopped

1 In a large microwave-safe bowl, melt 160g of the chocolate in 30-second bursts, stirring well after each, until smooth.

2 Line a 20cm springform cake pan with plastic food wrap. Pour the chocolate into the base of the pan. Smooth the surface with a spoon, then place in the freezer.

3 Beat 300ml of the cream in a large bowl just until soft peaks form. Add the Top'n'Fill; mix to combine. Pour half the caramel mixture over the chocolate base, then freeze for a further 2 hours. Once firm, remove from the freezer and add banana.

4 Melt the remaining 60g of chocolate in the microwave in 30-second bursts, stirring between each, until smooth. Drizzle the chocolate over the banana layer. Stand for 2 minutes, then top with remaining caramel mixture. Smooth the top, then freeze until set.

5 Before serving, whip remaining 300ml of cream; smooth over top of ice-cream cake. Decorate with chocolate curls, if you like.

Peanut Butter & Chocolate Shards

SERVES 8 **PREP** 10 minutes + 1 hour to chill
COOK 10 minutes

200g white or dark chocolate, chopped
1¾ cups smooth or crunchy peanut butter
200g milk chocolate, chopped
Pinch of salt

1 Line a 20cm x 30cm baking pan with baking paper. Place the white chocolate and peanut butter in a microwave-safe bowl; microwave in 30-second bursts, stirring between each, until creamy. Pour the mixture into the prepared pan, spreading evenly across the base.

2 Place the milk chocolate and pinch of salt in another microwave-safe bowl; microwave in 30-second bursts, stirring between each, until smooth. Drizzle chocolate over the peanut butter mixture.

3 Using a knife, cut swirls in the top of the chocolate. Refrigerate for 1 hour or until set, then cut into shards to serve.

TIPS & TRICKS

+ TOP TIP For equal layers, spread and press down ingredients after each addition with the back of a spoon.
+ MAKE AHEAD Trifles can be made up to 4 hours ahead. Get the kids in the kitchen to help make them – they'll love being involved.
+ MIX IT UP Use your creativity and tastebuds to mix and match store-bought cakes, biscuits, lollies and cream to make your own signature trifles.

10 ways with... trifles

With colourful layers of store-bought ingredients, these sweet treats are a fun take on the traditional trifle

1 Chocolate Doughnut & Cookie Trifle

SERVES 4 **PREP** 15 minutes
COST $3.40 a serve

¼ cup chocolate hazelnut spread, melted
¼ cup crushed peanuts
8 mini doughnuts
¾ cup thickened cream, whipped
¼ cup smooth peanut butter, warmed slightly
2 choc chip cookies, crushed, plus 2 extra, halved
4 scoops vanilla ice-cream
2 tablespoons dark choc bits

1 Place chocolate spread in a shallow bowl. Place nuts on a flat plate. Dip rims of 4 x 1-cup straight-sided jars or glasses in chocolate spread, then nuts, to lightly coat. Divide doughnuts among prepared glasses. Drizzle with any remaining chocolate spread.

2 Fold whipped cream and peanut butter together. Dollop half the cream mixture over doughnuts. Top with crushed cookies, then remaining cream mixture. Serve the trifle topped with ice-cream, an extra cookie half and choc bits.

2 Eton Mess Trifle

SERVES 4 **PREP** 15 minutes
COST $3.35 a serve

4 sponge finger biscuits (savoiardi), chopped
170ml passionfruit pulp in syrup
2 tablespoons strawberry dessert topping
⅔ cup thick vanilla custard
4 mini pavlova nests, crushed
¾ cup thickened cream, whipped
1 green kiwifruit, halved, sliced

1 Divide the sponge finger biscuits between 4 x 1-cup straight-sided jars or glasses. Drizzle evenly with half the passionfruit syrup. Swirl topping through custard; spoon over the passionfruit. Top with half the crushed meringue, then the cream.

2 Serve topped with remaining meringue, kiwifruit and remaining passionfruit syrup.

3 Almond, Brownie & Raspberry Trifle

SERVES 4 **PREP** 10 minutes
COST $3.20 a serve

200g packet brownies, chopped
1 cup chocolate custard
¼ cup mini marshmallows, plus ¼ cup extra
2 tablespoons chopped raspberry lollies, plus 2 tablespoons extra
2 tablespoons finely chopped blanched almonds, plus 2 tablespoons extra
4 scoops chocolate ice-cream

1 Divide half the chopped brownie between 4 x 1-cup straight-sided jars or glasses. Pour 1½ tablespoons of custard into each, then top with marshmallows, lollies and almonds. Repeat with another layer using remaining chopped brownie and remaining custard. Top with ice-cream.

2 Serve the trifles sprinkled with extra marshmallows, extra lollies and extra almonds.

RECIPES TESSA IMMENS PHOTOGRAPHY RODNEY MACUJA STYLING JANE COLLINS FOOD PREPARATION NADIA FONOFF

4 Peach Melba Trifle

SERVES 4 **PREP** 15 minutes + 2 hours to chill
COST $3.15 a serve

½ packet raspberry-flavoured jelly crystals
⅔ cup frozen raspberries, thawed
2 cups chopped bought plain sponge cake
1 cup thick vanilla custard
¾ cup thickened cream, whipped
1 large peach, halved, each half cut into 4 wedges
Mint leaves, to serve
Icing sugar, to dust

1 Prepare jelly following packet directions. Pour evenly into 4 x 1-cup straight-sided jars or glasses. Add 1 tablespoon of raspberries to each. Chill for 2 hours or until set.

2 Arrange sponge cake over jelly in jars. Pour custard over sponge, then dollop with cream. Serve topped with peach wedges, remaining raspberries and mint leaves. Dust with icing sugar.

5 Lemon Meringue Trifle

SERVES 4 **PREP** 10 minutes **COST** $3.15 a serve

6 mini shortcrust pastry cases, processed
200g cream cheese, at room temperature
⅓ cup sweetened condensed milk
1 cup lemon curd
4 bought meringue swirls
2 teaspoons finely grated lemon zest

1 Divide three-quarters of pastry crumbs between 4 x 1-cup straight-sided jars or glasses. Whisk cream cheese and condensed milk in a bowl until smooth.

2 Spoon half the cream cheese mixture into the prepared jars; level surfaces. Top with half the lemon curd and remaining crumbs. Top with remaining cream cheese mixture and remaining curd. Top each with a meringue swirl. Serve sprinkled with zest.

6 Orange Poppy Seed Trifle

SERVES 4 **PREP** 15 minutes
COST $3.25 a serve

200g crumbled vanilla pound cake
1 tablespoon poppy seeds
⅓ cup freshly squeezed orange juice
1 cup sour cream
1 tablespoon icing sugar, sifted
1 orange, zest finely grated, segmented
⅓ cup blueberries

1 Combine cake, poppy seeds and juice in a bowl. Spoon half the mixture between 4 x 1-cup straight- sided jars or glasses.

2 Whisk sour cream, icing sugar and zest in a bowl until combined. Spread half the sour cream mixture over cake mixture in jars; level surfaces. Repeat layers, using the remaining cake mixture and remaining sour cream mixture. Serve topped with orange segments and blueberries.

7 Banoffee Trifle

SERVES 4 **PREP** 10 minutes

2 slices bought banana bread, chopped
6 butternut snap biscuits, crushed
1 cup condensed milk caramel, whisked
1 large banana, thinly sliced
¾ cup thickened cream, whipped
20g milk eating chocolate, grated

1 Combine banana bread and crushed biscuits in a bowl. Divide between 4 x 1-cup straight-sided jars and glasses. Spoon ¼ cup of caramel over banana bread mixture in each jar.

2 Top with half the banana slices. Top with a dollop of cream and remaining banana slices. Serve sprinkled with chocolate.

8 Strawberry Shortcake Trifle

SERVES 4 PREP 15 minutes
COST $3.25 a serve

190g shortbread biscuits, coarsely crushed
180g strawberries, finely chopped, plus 4 extra, sliced
2 tablespoons icing sugar, sifted
2 teaspoons lemon juice
1 teaspoon thyme leaves, plus extra sprigs, to serve
1⅓ cups thickened cream
1 teaspoon vanilla essence
Icing sugar, to dust

1 Divide crushed biscuit between 4 x 1-cup straight-sided jars or glasses. Combine berries, 1 tablespoon of the icing sugar, the juice and thyme in a bowl; spoon over biscuit crumbs.

2 Using an electric mixer, beat cream, remaining icing sugar and essence in a bowl until soft peaks form. Dollop over strawberry mixture in jars. Top with extra strawberries. Garnish with extra thyme. Dust with icing sugar.

10 Hummingbird Trifle

SERVES 4 PREP 15 minutes
COST $3.15 a serve

6 Anzac biscuits, crushed, plus 1 extra, sliced
2 carrots, finely grated
220g can pineapple pieces in natural juice, drained
½ cup moist coconut flakes
½ teaspoon ground mixed spice
200g cream cheese, at room temperature
½ cup icing sugar, sifted
1 teaspoon lemon zest, plus 1 teaspoon lemon juice
½ cup thickened cream, whipped
2 tablespoons coconut flakes, toasted

1 Divide biscuit crumbs between 4 x 1-cup straight-sided jars or glasses. Combine carrot, three-quarters of the pineapple pieces, the coconut and spice in a bowl. Divide between jars; press down with the back of a teaspoon.

2 Whisk cream cheese, icing sugar, zest and juice in a bowl until smooth. Fold through cream. Spoon over carrot mixture in jars; level surfaces. Top with remaining pineapple. Serve decorated with extra biscuit and coconut flakes.

9 Cherry Crumble Trifle

SERVES 4 PREP 15 minutes COST $3.30 a serve

2 cups pitted cherries, plus 8 extra, with stems attached
1 tablespoon icing sugar
1 tablespoon lemon juice
1 tablespoon water
6 ginger snap biscuits, crushed
6 coconut macarons, crumbled
1 cup Greek-style vanilla yoghurt
2 tablespoons flaked natural almonds

1 Combine cherries, icing sugar, juice and the water in a bowl. Using the back of spoon, lightly crush cherries.

2 Place biscuit and macaron in a bowl; stir to combine. Divide half the crumb mixture between 4 x 1-cup straight-sided jars or glasses. Spoon over half the cherry mixture, then half the yoghurt. Repeat layers. Top with extra cherries. Serve sprinkled with almonds.

Christmas comfort

Embrace the festive season by baking these feel-good fruit cakes

Date & Brandy Christmas Cakes

MAKES 6 **PREP** 35 minutes + 6 hours or overnight to soak **COOK** 1 hour 45 minutes + cooling **COST** $2 a cake **+ DIY IDEA** You can also use a combination of 900g dried mixed fruit, 100g glacé cherries and ⅓ cup mixed peel, or try adding 200g of coarsely grated dark chocolate to the cake mix.
+ BUDGET TIP Use brown paper to line cake pans instead of baking paper.

3¾ cups chopped sultanas
1½ cups chopped raisins
¾ cup chopped currants
¾ cup red and green chopped glacé cherries, plus extra, to decorate
⅔ cup chopped pitted dried dates
½ cup brandy
250g butter, at room temperature
1½ cups firmly packed brown sugar
5 eggs, at room temperature
1 tablespoon marmalade
2½ cups plain flour
⅓ cup toasted blanched almonds, coarsely chopped, plus extra, to decorate
Ribbon, to tie
Icing sugar, to dust

1 Combine sultanas, raisins, currants, chopped cherries, dates and brandy in a large glass bowl. Cover with plastic food wrap; stand for 6 hours or overnight to develop flavours.

2 Preheat oven 120°C/100°C fan-forced. Line base and sides of 6 x 10cm (base measurement) square cake pans with a double layer of baking paper, allowing it to extend 3cm above rims.

3 Using an electric mixer, beat butter and sugar in a large bowl until light and creamy. Add eggs, one by one, beating well after each addition. Stir in marmalade. Fold in half the fruit mixture and half the flour until just combined. Fold in remaining fruit mixture, remaining flour and almonds until combined. Spoon into prepared pans; level surfaces. Decorate with extra cherries and extra almonds. Bake for 1 hour 45 minutes or until a skewer inserted in each centre comes out clean. Cover cakes with a clean tea towel. Invert cakes, in pans, onto a clean work surface; cool completely. Tie with ribbon. Serve dusted with icing sugar.

MAKE-AHEAD TIPS & TRICKS

+ FRUIT MIXTURE Step 1 can be done up to 3 weeks ahead. Store in an airtight container in a cool, dark place, stirring occasionally.
+ CHRISTMAS CAKES You can make cakes up to 4 weeks ahead. Store in an airtight container in a cool, dark place.

PHOTOGRAPHY JOHN PAUL URIZAR

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How to... glaze a ham

Christmas Ham

SERVES 8 (with leftovers) **PREP** 25 minutes **COOK** 45 minutes

1 quantity Christmas Ham
Whole cloves, to decorate
350g orange marmalade
¼ cup brown sugar
¼ cup orange juice

1 Preheat the oven to 180°C/160°C fan-forced. Using a small, sharp knife, remove ham rind, cutting through rind 10cm from top of the shank. Run your thumb underneath the skin and above the fat layer to separate edges all the way around **(step A)**. Starting from the widest edge, gently pull back rind to remove **(step B)**.

2 Using a sharp knife, score a diamond pattern at 2cm intervals, about 5mm deep, all over the ham fat **(step C)**. Press a clove in the centre of each diamond **(step D)**.

3 Stir marmalade, sugar and juice in small saucepan over a low heat until sugar dissolves.

4 Pour 1 cup of water into a large ovenproof dish. Place a wire rack in prepared dish; place ham on wire rack.

5 Baste ham with glaze and bake for 40 minutes, brushing with glaze every 10 minutes. Serve warm or cold.

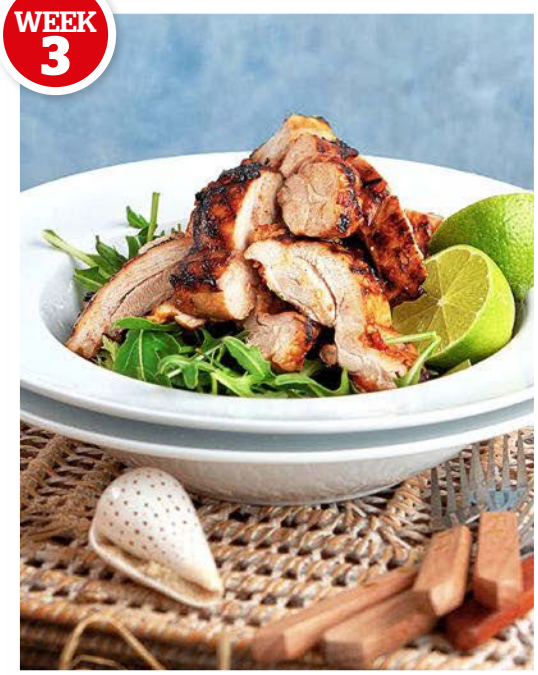
YOUR DECEMBER
recipes+ meal planner

24 EASY family recipes for every day of the week

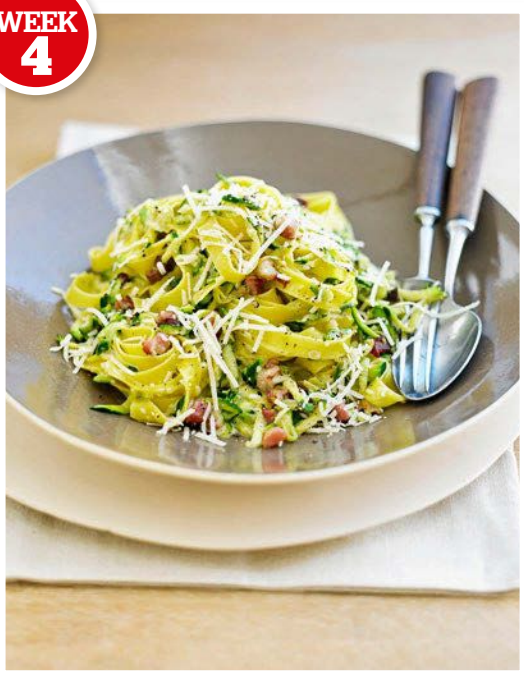
WEEK 1

WEEK 2

WEEK 3



WEEK 4



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PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP PULL OUT & KEEP

BUDGET MEAL PLANNER

WEEK 1

All recipes in this week's planner are on the table in 15 minutes or less, feature nutrition counts and cost from just $3.40 a serve

DINNERS FOR 4

MONDAY $14.00
Tomato & Feta Tortellini

TUESDAY $14.00
Curried Chicken with Black Bean Rice

WEDNESDAY $14.00
Stir-fried Beef with Cashews

THURSDAY $13.60
Tuna Cakes with Salad

FRIDAY $14.00
Thai Chicken & Pear Salad

TOTAL **$69.60**

SAVING YOU MONEY @ THE CHECKOUT

MONDAY

Tomato & Feta Tortellini

SERVES 4 **PREP** 5 minutes
COOK 10 minutes
NUTRITION 1985kJ; 17g fat (7g sat); 20g protein; 60g carbohydrate; 5g fibre a serve **COST** **$3.50 a serve**

2 teaspoons vegetable or olive oil
2 cloves garlic, crushed
700g tomato passata (Italian cooking sauce)
1½ cups water
600g fresh spinach and ricotta tortellini
340g jar marinated artichoke hearts, drained
100g feta, crumbled
¼ cup basil leaves, to serve

1 Heat oil in a frying pan over moderate heat; cook and stir garlic for 30 seconds or until fragrant. Stir in passata and the water. Increase heat; bring to the boil. Add tortellini; cook for 6 minutes or until tender.

2 Add artichokes and half the feta; cook and stir for 1 minute or until heated. Serve tortellini sprinkled with basil and remaining feta.

Curried Chicken with Black Bean Rice

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes
NUTRITION 2219kJ; 16g fat (4g sat); 44g protein; 50g carbohydrate; 5g fibre a serve **COST** $3.50 a serve

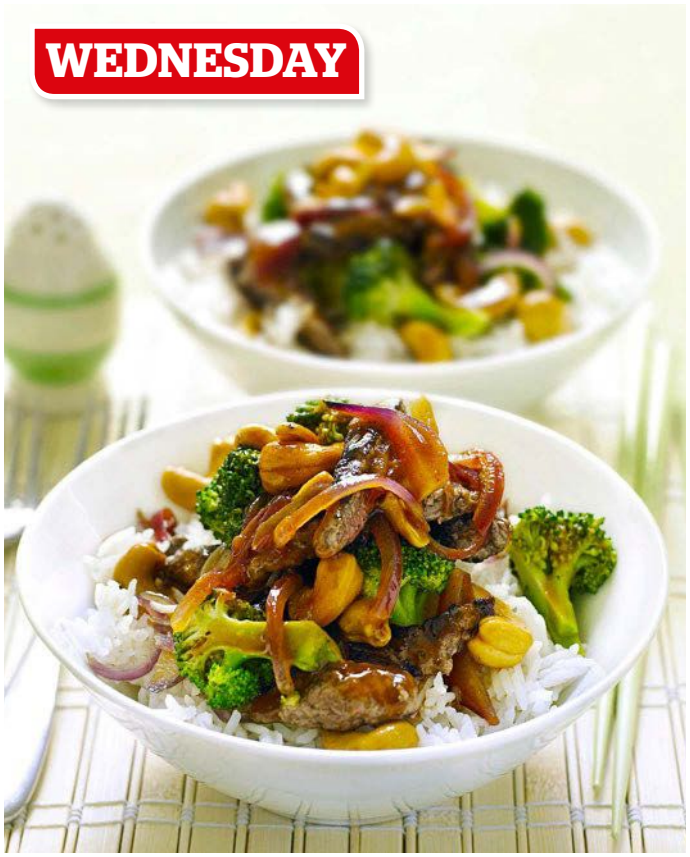
8 (600g) chicken thigh fillets, trimmed
1 tablespoon light olive oil
2 tablespoons mild curry powder
1 bunch chives, snipped
6 spring onions, finely chopped
2 fresh long green chillies, deseeded, finely chopped
2 cloves garlic, crushed
¼ cup boiling water
250g cooked basmati rice
425g can black beans, rinsed
Finely grated zest and juice of 1 lime, plus extra zest strips

1 Brush chicken with half the oil. Sprinkle with curry powder. Heat a char-grill pan over moderate heat. Add chicken; cook for 3 minutes each side or until browned and cooked.

2 Meanwhile, combine chives, onion, chilli, garlic, remaining oil and the boiling water in a heatproof jug. Heat a large frying pan over low heat. Add rice and beans; cook and stir for 1 minute or until heated. Stir in zest and juice.

3 Spoon rice onto serving plates. Top with chicken and onion sauce. Sprinkle with extra zest strips.

DIY TIP
Use canned kidney beans instead of black beans



Stir-fried Beef with Cashews

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes
NUTRITION 2788kJ; 26g fat (6g sat); 46g protein; 50g carbohydrate; 8g fibre a serve **COST** $3.50 a serve

⅓ cup boiling water
¼ cup soy sauce
2 teaspoons vegetable or peanut oil
2 red onions, halved, thinly sliced
500g stir-fry beef strips
500g broccoli, cut into florets, blanched
½ cup unsalted cashews, toasted
3 cups cooked long-grain white rice, to serve

1 Combine the boiling water and soy sauce in a heatproof jug. Heat a wok or large frying pan over high heat. Add oil; swirl to coat surface. Stir-fry onion for 2 minutes or until soft. Add beef; stir-fry for 3 minutes or until browned. Transfer to a heatproof bowl.

2 Add broccoli to wok; stir-fry for 1 minute or until broccoli is tender. Add soy sauce mixture; bring to the boil.

3 Return beef mixture to wok; stir-fry for 1 minute or until heated and combined. Add cashews; toss to combine. Serve stir-fry on rice.

TOP TIP
Omit beef strips. Use 400g budget beef rump steak, thinly sliced, instead

PHOTOGRAPHY **DEAN WILMOT**

Tuna Cakes with Salad

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes
NUTRITION 2149kJ; 33g fat (10g sat); 47g protein; 5g carbohydrate; 4g fibre a serve **COST** $3.40 a serve

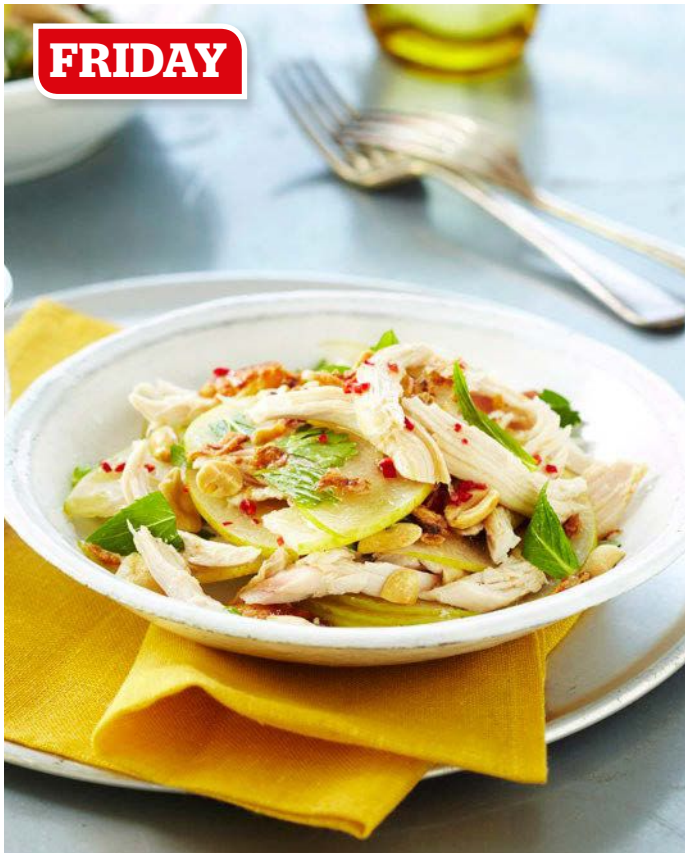
2 x 425g cans tuna in springwater, drained, flaked
400g ricotta
2 eggs, lightly whisked
⅓ cup light olive oil
100g baby spinach leaves
250g cherry tomatoes, halved
1½ tablespoons red wine vinegar

1 Combine the tuna, ricotta and egg in a large bowl. Using damp hands, shape mixture into 8 patties.

2 Heat half the oil in a frying pan over moderate heat. Cook patties, in batches, for 1 minute each side or until golden brown and heated.

3 Place spinach and tomato in a bowl. Whisk remaining oil and vinegar in a jug. Add dressing to spinach and tomato salad; toss to combine. Serve tuna cakes with salad. Season with freshly grated black pepper.

TOP TIP
No red wine vinegar? Instead, you can use 1 tablespoon of balsamic vinegar



Thai Chicken & Pear Salad

SERVES 4 **PREP** 10 minutes **NUTRITION** 1768kJ; 12g fat (6g sat); 22g protein; 41g carbohydrate; 5g fibre a serve **COST** $3.50 a serve

3 cups shredded cooked chicken
4 nashi pears, cored, thinly sliced
½ cup chopped coriander
½ cup mint
½ cup unsalted roasted peanuts
2 tablespoons fish sauce
½ teaspoon caster sugar
1 teaspoon sesame oil
1 tablespoon lime juice
1 fresh long red chilli, deseeded, finely chopped
2 spring onions, sliced, to serve

1 Combine chicken, nashi, coriander, mint and peanuts in a large bowl.

2 Whisk fish sauce, sugar, oil, juice and chilli in a jug. Add dressing to chicken salad; toss to combine. Serve topped with onion.

DIY IDEA
No nashi? You can use 3 green-skinned apples instead

For more Asian recipes, go to
FOODTOLOVE.CO.NZ

Choc o'clock

This stunning cake is perfect to wind up a summer lunch or dinner party

Mocha Hazelnut Cake

SERVES 12 **PREP** 20 minutes + cooling **COOK** 50 minutes **NUTRITION** 1981kJ; 14g fat (4g sat); 2g protein; 10g carbohydrate; 1g fibre a serve **COST** $1.80 a serve

150g dark chocolate, chopped
¼ cup warm espresso coffee
175g butter, at room temperature
¾ cup caster sugar
5 eggs, at room temperature
1 cup ground hazelnuts (hazelnut meal)
⅔ cup self-raising flour
1 teaspoon baking powder
1 quantity Mocha Icing (recipe, right), to serve
⅓ cup toasted hazelnuts, chopped

1 Preheat oven to 180°C/160°C fan-forced. Grease and line a 20cm (base measurement) round cake pan with baking paper. Combine the chocolate and coffee in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch the water); cook and stir for 3 minutes or until melted and smooth. Cool.

2 Meanwhile, using an electric mixer, beat butter and sugar in a large bowl for 5 minutes or until pale and creamy. Add eggs, one by one, beating lightly after each addition. Fold in cooled chocolate mixture, then hazelnut meal, flour and baking powder until just combined.

3 Pour the mixture into prepared pan; level surface. Bake cake for 45 minutes or until a skewer inserted at the centre comes out clean. Stand cake in pan for 5 minutes, then transfer to a wire rack to cool.

4 Using a large serrated knife, cut cooled cake horizontally into 2 layers. Place 1 layer on a serving plate. Top with half the Mocha Icing, half the hazelnuts, then the remaining cake layer. Spread top of cake with the remaining Mocha Icing. Serve cake sprinkled with remaining hazelnuts around the circumference.

Mocha Icing

Makes 1 quantity **PREP** 5 minutes + 30 minutes to chill **COOK** 5 minutes

100g dark chocolate
50g butter, chopped
2 tablespoons warm espresso coffee
¼ cup thickened cream
⅓ cup icing sugar

Combine chocolate, butter, coffee and cream in a small saucepan over moderate heat; cook and stir for 2 minutes or until smooth. Remove from heat; stir in the icing sugar. Cool slightly. Chill, stirring occasionally, for 30 minutes or until thick.

BUDGET MEAL PLANNER

WEEK 2

All recipes in this week's planner are on the table in 15 minutes or less, feature nutrition counts and cost from just $3.45 a serve

DINNERS FOR 4

MONDAY $14.00
Japanese-style Beef Salad

TUESDAY $14.00
Prawn Salad with Coconut Dressing

WEDNESDAY $14.00
Caramelised Onion & Artichoke Pizza

THURSDAY $14.00
Satay Pork with Apple Salad

FRIDAY $13.80
Cheesy Tuna & Pesto Pasta Bake

TOTAL **69.80**

SAVING YOU MONEY @ THE CHECKOUT

MONDAY

Japanese-style Beef Salad

SERVES 4 **PREP** 10 minutes **COOK** 5 minutes **NUTRITION** 1361kJ; 11g fat (4g sat); 40g protein; 16g carbohydrate; 2g fibre a serve **COST** **$3.50 a serve**

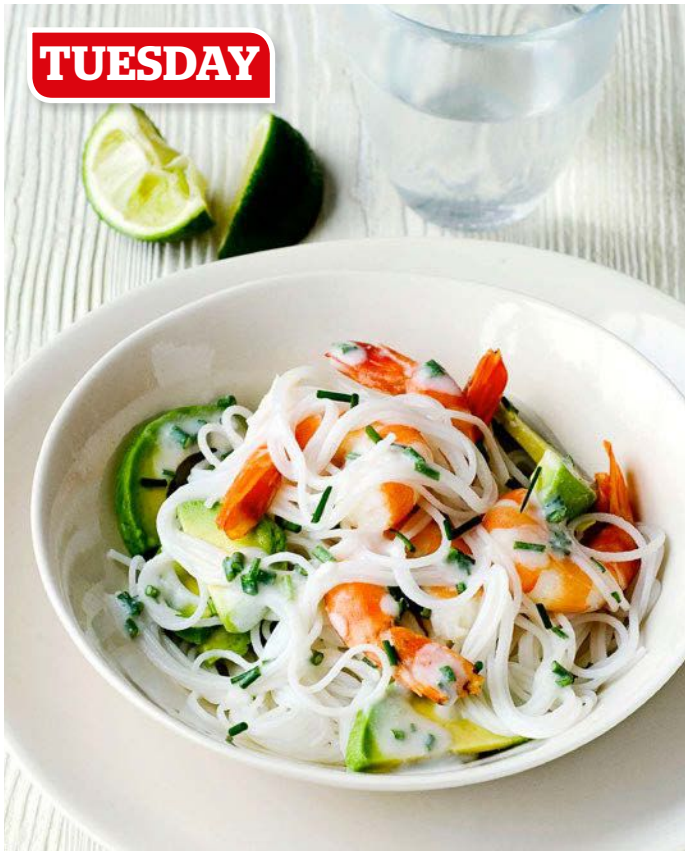
500g budget beef rump steak
Cooking oil spray
1 carrot, grated
2 tablespoons water
2 tablespoons rice vinegar
2 tablespoons soy sauce
1 tablespoon freshly grated ginger
2 teaspoons sesame oil
1 spring onion, finely chopped
2 baby cos lettuces, leaves separated
8 small red radishes, scrubbed, thinly sliced

1 Heat a char-grill pan over high heat. Spray beef with oil. Grill for 2 minutes each side for medium-rare or until cooked to your liking. Remove from heat. Transfer to a heatproof plate. Cover with foil; rest for 5 minutes. Slice.

2 Meanwhile, combine carrot, the water, vinegar, soy sauce, ginger, sesame oil and onion in a bowl.

3 Arrange lettuce leaves on a large serving platter. Top with beef and radish. Serve drizzled with carrot dressing.

DIY IDEA
Use 500g pork scotch fillet steak instead of beef. The price and cooking time will vary



Prawn Salad with Coconut Dressing

SERVES 4 **PREP** 15 minutes **NUTRITION** 1508kJ; 14g fat (5g sat); 16g protein; 41g carbohydrate; 1g fibre a serve **COST** $3.50 a serve

200g dried rice vermicelli noodles
200g cooked prawns, peeled, tails intact
1 small avocado, sliced
½ cup light coconut milk
1 tablespoon lime juice, plus lime wedges, to serve
2 tablespoons finely chopped chives
2 teaspoons freshly grated ginger

1 Place the noodles in a heatproof bowl. Cover with boiling water; stand for 5 minutes or until tender. Stir with a fork to separate strands. Drain; refresh under cold water. Return to bowl. Add prawns and avocado.

2 Whisk coconut milk, juice, chives and ginger in a bowl. Pour dressing over noodle salad; toss to combine. Serve with lime wedges.

BUDGET TIP

Omit prawns. Add 1½ cups cooked shredded chicken instead

Caramelised Onion & Artichoke Pizza

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2496kJ; 38g fat (8g sat); 16g protein; 46g carbohydrate; 9g fibre a serve **COST** $3.50 a serve

2 x 25cm bought pizza bases
⅓ cup pizza sauce
½ cup caramelised onion
400g can artichoke hearts in brine, drained, quartered
100g mild blue cheese, crumbled
2 tablespoons pine nuts (optional)
2 tablespoons light olive oil
100g baby rocket leaves

1 Preheat oven to 220°C/200°C fan-forced. Line 2 oven trays with baking paper. Place pizza bases on prepared trays.

2 Spread the pizza sauce over pizza bases. Top with caramelised onion, artichoke, cheese and pine nuts (if using). Drizzle with oil.

3 Bake for 10 minutes or until golden brown. Serve pizzas topped with rocket.

HEALTH TIP

Use Lebanese bread instead of pizza bases

Satay Pork with Apple Salad

SERVES 4 **PREP** 5 minutes **COOK** 5 minutes **NUTRITION** 2342kJ; 14g fat (4g sat); 51g protein; 55g carbohydrate; 4g fibre a serve
COST $3.50 a serve

2 tablespoons crunchy peanut butter
2 tablespoons sweet chilli sauce
4 x 170g lean pork leg steaks
Cooking oil spray
2 tablespoons lime juice
1 teaspoon fish sauce
2 green-skinned apples, cored, thinly sliced
¼ cup coriander leaves
¼ cup mint leaves
250g packet microwave jasmine rice, heated, to serve

1 Whisk peanut butter and sweet chilli sauce in a small bowl. Spray pork with oil. Heat a large frying pan over moderate heat. Add pork; cook, brushing with peanut mixture, for 2 minutes each side for medium or until cooked to your liking. Transfer to a heatproof plate. Cover pork with foil; rest for 5 minutes.

2 To make apple salad, combine juice and fish sauce in a large glass bowl. Add apple; toss to coat. Stir in coriander and mint.

3 Serve pork with apple salad and rice.

PEANUT ALLERGY?
Omit peanut butter. Use 2 tablespoons of kecap manis instead

Cheesy Tuna & Pesto Pasta Bake

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2920kJ; 30g fat (7g sat); 16g protein; 74g carbohydrate; 6g fibre a serve **COST** $3.45 a serve **+ HEALTH BITE** For extra vegies, add 1 cup of frozen peas and a 420g can of drained corn kernels.

375g fresh penne
425g can tuna in springwater, drained
190g jar basil pesto
250g cherry tomatoes, halved
½ cup reduced-fat grated tasty cheese

1 Cook pasta in a large saucepan of boiling salted water for 2 minutes or until tender. Drain.

2 Meanwhile, combine tuna and pesto in a large bowl. Add tomato and half the cheese; mix well. Add pasta; stir to combine.

3 Preheat oven to 220°C/200°C fan-forced. Grease a 2-litre (8-cup) oval ovenproof dish. Spoon pasta mixture into prepared dish; level surface. Top with remaining cheese. Bake for 8 minutes or until cheese melts.

For more tasty meals, go to
FOODTOLOVE.CO.NZ

Seafood treat

Live it up on the weekend with this sensational snack that's quick to whip up and perfect to share

Crab & Caper Toasts

SERVES 4 **PREP** 5 minutes **COOK** 5 minutes **NUTRITION** 1767kJ, 29g fat (4g sat); 12g protein; 26g carbohydrate; 3g fibre a serve **COST** **$3.45 a serve**

2 x 170g cans crabmeat, drained, flaked
½ cup mayonnaise
1 spring onion, finely chopped
¼ cup chopped flat-leaf parsley
2 tablespoons baby capers
2 tablespoons lemon juice, plus extra wedges, to serve
8 slices sourdough bread
1 clove garlic, halved

1 Combine crabmeat, mayonnaise, onion, parsley, capers and juice in a large bowl.

2 Toast bread. Rub garlic clove, cut-side down, over toast. Top toast with crab mixture. Serve with lemon wedges.

BUDGET TIP
Omit crab. Use a 415g can pink salmon instead

BUDGET MEAL PLANNER

WEEK 3

All recipes in this week's planner are on the table in 15 minutes or less, feature nutrition counts and cost from just $3.40 a serve

DINNERS FOR 4

MONDAY $14.00
Spiced Chilli Chicken

TUESDAY $14.00
Risoni, Feta & Capsicum Salad

WEDNESDAY $14.00
Stir-fried Honey Chicken

THURSDAY $14.00
Beef Rissole Pockets with Tomato Salad

FRIDAY $13.60
Tuna & Spinach Spaghettini

TOTAL **$69.60**

SAVING YOU MONEY @ THE CHECKOUT

MONDAY

Spiced Chilli Chicken

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 1708kJ; 22g fat (5g sat); 47g protein; 5g carbohydrate; 2g fibre a serve **COST** **$3.50 a serve**

3 fresh long red chillies, chopped
1 teaspoon dried chilli flakes
2 cloves garlic, bruised
1 teaspoon sea salt
2 tablespoons vegetable or olive oil
1 tablespoon red wine vinegar
1 tablespoon brown sugar
8 (500g) chicken thigh fillets, fat trimmed
100g baby rocket leaves, to serve
Lime halves, to serve

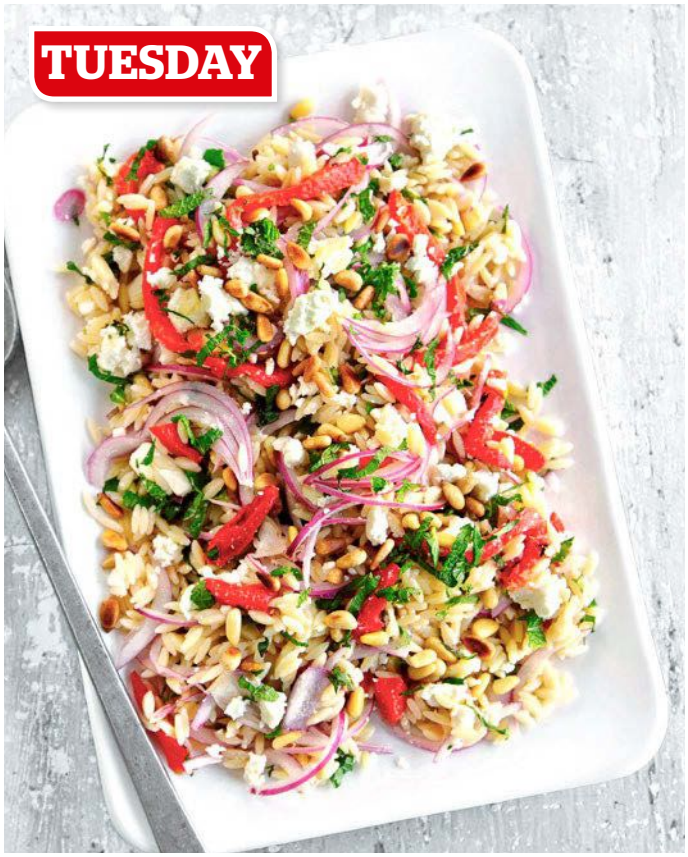
1 Using a small food processor, process the chilli, dried chilli flakes, garlic and salt until almost smooth. Transfer chilli mixture to a large glass bowl.

2 Add oil, vinegar and sugar to chilli mixture; stir to combine. Add chicken; toss to coat.

3 Heat a char-grill pan over moderately high heat. Add the chicken; cook for 3 minutes each side or until browned and cooked. Transfer to a heatproof plate. Thickly slice. Serve chicken on rocket leaves with lime halves.

DIY IDEA

Add 1 teaspoon of ground cumin to step 2



Risoni, Feta & Capsicum Salad

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2180kJ; 28g fat (10g sat); 18g protein; 47g carbohydrate; 3g fibre a serve **COST** $3.50 a serve

1 red onion, halved, thinly sliced
2 tablespoons vegetable or olive oil
2 tablespoons red wine vinegar
250g risoni
250g reduced-fat feta, crumbled
100g char-grilled red capsicum strips, drained
2 tablespoons pine nuts, toasted (optional)
½ cup finely chopped mint

1 Combine onion, oil and vinegar in a large glass bowl.

2 Meanwhile, cook risoni in a large saucepan of boiling salted water for 10 minutes or until tender. Drain; refresh under cold water.

3 Add risoni, feta, capsicum and pine nuts (if using) to the onion mixture; toss to combine. Serve topped with mint.

TOP TIP
Wrap leftover mint in damp paper towel. Store in crisper section of fridge for up to 2 days

Stir-fried Honey Chicken

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 1774kJ; 7g fat (2g sat); 34g protein; 54g carbohydrate; 3g fibre a serve **COST** $3.50 a serve

1 tablespoon vegetable or peanut oil
500g chicken thigh fillets, sliced
2 tablespoons kecap manis
1 tablespoon honey
3cm piece ginger, grated
1 tablespoon water
4 spring onions, sliced diagonally
2 cloves garlic, sliced
425g can baby corn, drained, halved lengthwise
1 bunch baby bok choy, trimmed, stems chopped, leaves separated
425g packet microwave rice, heated, to serve

1 Heat a wok or large frying pan over high heat. Add half the oil; swirl to coat surface. Stir-fry the chicken, in batches, for 2 minutes or until browned. Transfer to a heatproof plate.

2 Whisk kecap manis, honey, ginger and the water in a bowl. Add remaining oil to wok; stir-fry onion, garlic, corn and bok choy stems for 1 minute or until onion is soft.

3 Add chicken, sauce mixture and bok choy leaves; stir-fry for 2 minutes or until chicken is cooked. Serve with rice.

DIY TIP
Use 400g pork scotch steak instead of chicken

Beef Rissole Pockets with Tomato Salad

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 1935kJ; 17g fat (8g sat); 35g protein; 40g carbohydrate; 3g fibre a serve
COST $3.50 a serve

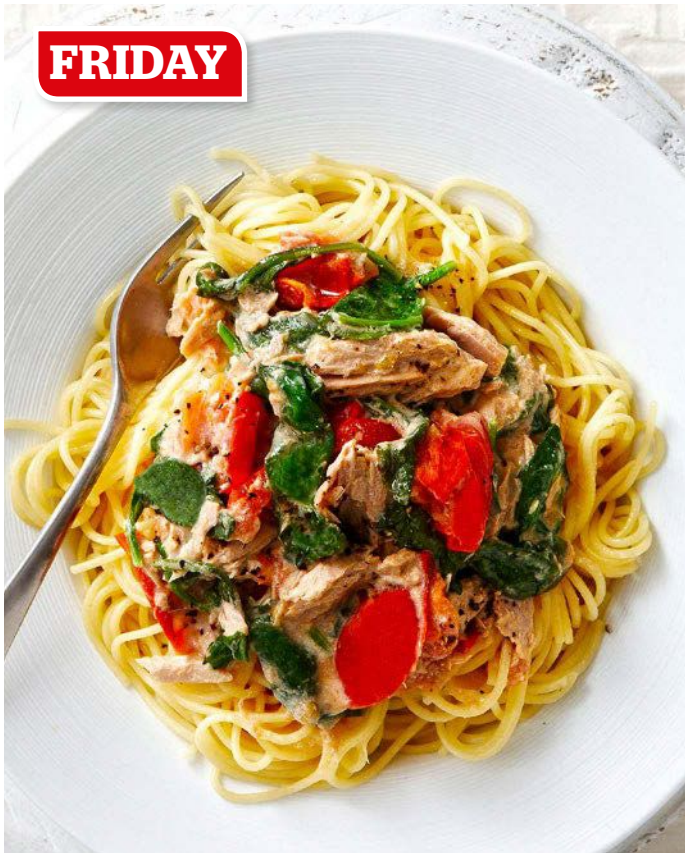
4 bought beef rissoles
Cooking oil spray
½ cup Greek-style natural yoghurt
2 tomatoes, chopped
4 spring onions, thinly sliced
¼ cup chopped flat-leaf parsley
4 plain naan breads, halved to make pockets, heated, to serve
1 baby cos lettuce, leaves separated

1 Spray rissoles with oil. Heat a large frying pan over moderate heat. Cook rissoles for 3 minutes each side or until browned and cooked. Transfer to a heatproof plate. Cover with foil; rest for 5 minutes. Cut in half.

2 Meanwhile, combine yoghurt, tomato, onion and parsley in a bowl.

3 Fill each naan pocket with lettuce, a rissole and tomato salad.

HEALTH TIP
Omit bread. Serve rissoles with salad and baby rocket leaves instead



Tuna & Spinach Spaghettini

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2282kJ; 12g fat (4g sat); 38g protein; 67g carbohydrate; 5g fibre a serve **COST** $3.40 a serve

350g spaghettini
2 teaspoons light olive oil
250g cherry tomatoes, halved
425g can tuna in springwater, drained
200g low-fat fresh ricotta
150g baby spinach leaves

1 Cook pasta in a large saucepan of boiling salted water for 8 minutes or until tender. Drain; return to pan.

2 Meanwhile, heat oil in a large frying pan over moderate heat. Cook and stir tomato for 2 minutes or until tender.

3 Add tomato, tuna, ricotta and spinach leaves to pasta; toss to combine.

For more quick meals, go to
FOODTOLOVE.CO.NZ

PHOTOGRAPHY JAMES MOFFATT & ROB SHAW

Go nuts

Entertaining? Everyone will love these delightful bite-sized pies

Mini Pecan Pies

MAKES 12 **PREP** 15 minutes + 10 minutes to chill + 10 minutes to stand + cooling **COOK** 25 minutes
NUTRITION 724kJ; 14g fat (4g sat); 2g protein; 10g carbohydrate; 1g fibre each **COST** $1.50 a serve

⅓ cup pecans, plus ⅔ cup extra
50g cream cheese, at room temperature
50g butter, at room temperature, plus 15g extra, melted
⅓ cup plain flour
1 egg yolk, plus 1 extra
¼ cup firmly packed brown sugar
1½ tablespoons maple-flavoured syrup
½ teaspoon vanilla essence

1 Grease a 12-hole (2-tablespoon) mini muffin tray. Using a food processor, process nuts until finely ground. Add cream cheese, butter, flour and egg yolk; pulse until dough just comes together. Turn out onto a lightly floured work surface; knead briefly. Divide into 12 portions. Shape each into a ball. Place a dough portion in each prepared hole. Using fingertips, press to evenly cover base and side. Chill for 10 minutes.

2 Heat a small frying pan over low heat. Add extra nuts; cook and stir for 3 minutes or until toasted. Cool slightly. Reserve 12 nuts. Roughly chop the remaining nuts. Whisk extra egg yolk, sugar, maple-flavoured syrup, essence and the extra melted butter in a large bowl. Stir in the chopped nuts.

3 Preheat oven to 180°C/160°C fan-forced. Bake pastry cases for 5 minutes. Fill with nut mixture. Top with a reserved pecan. Bake for a further 15 minutes or until golden. Stand in tray for 10 minutes, then transfer to a wire rack to cool.

BUDGET MEAL PLANNER

WEEK 4

All recipes in this week's planner are on the table in 15 minutes or less, feature nutrition counts and cost from just $3.45 a serve

DINNERS FOR 4

MONDAY $13.80
Zucchini Carbonara

TUESDAY $14.00
Chicken & Watercress Salad

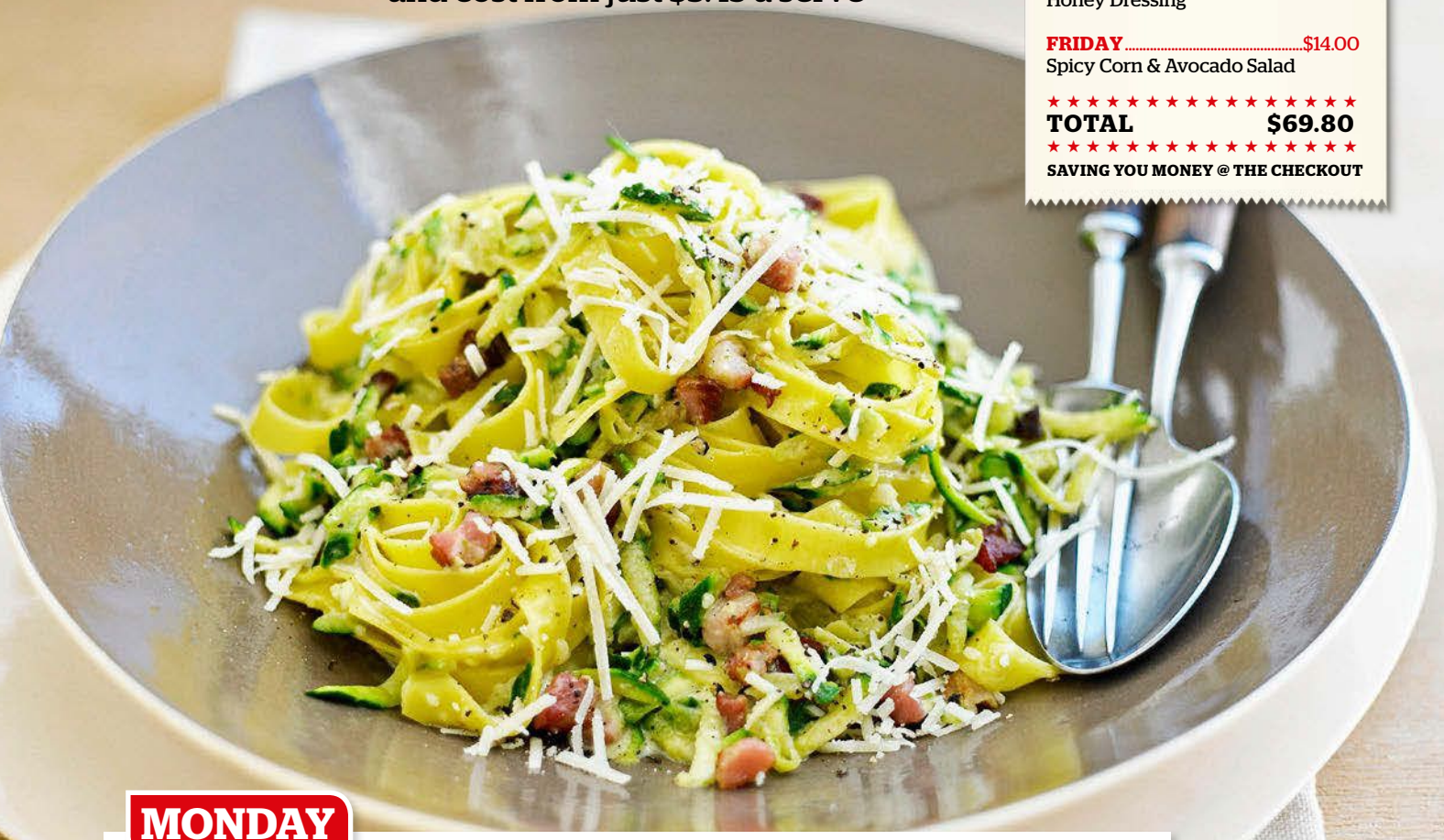
WEDNESDAY $14.00
Mexican Bean Fajitas

THURSDAY $14.00
Chicken Salad with Honey Dressing

FRIDAY $14.00
Spicy Corn & Avocado Salad

TOTAL **$69.80**

SAVING YOU MONEY @ THE CHECKOUT



MONDAY

Zucchini Carbonara

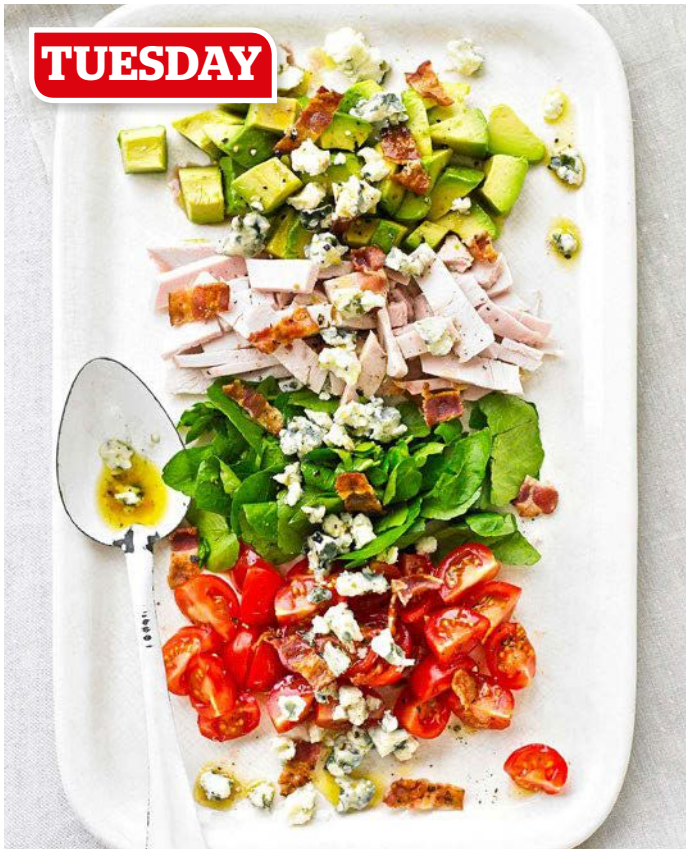
SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2727kJ; 28g fat (15g sat); 26g protein; 72g carbohydrate; 5g fibre a serve **COST** $3.45 a serve **+ DIY idea** Use 2 zucchinis and 1 carrot.

350g fettuccine
100g diced bacon
4 zucchinis, coarsely grated
2 cloves garlic, crushed
2 egg yolks
⅔ cup reduced-fat cream
⅔ cup shredded parmesan, plus 2 tablespoons extra

1 Cook the pasta in a large saucepan of boiling salted water for 8 minutes or until tender. Drain; return to pan.

2 Meanwhile, heat a large frying pan over high heat. Cook and stir bacon for 2 minutes or until browned and crisp. Add zucchini and garlic; cook and stir for 3 minutes or until tender.

3 Whisk egg yolks, cream and parmesan in a jug. Add zucchini mixture to pasta; toss to combine. Add egg mixture; toss over low heat for 2 minutes or until scrambled. Serve topped with extra parmesan.



Chicken & Watercress Salad

SERVES 4 **PREP** 10 minutes **COOK** 5 minutes **NUTRITION** 2331kJ; 40g fat (10g sat); 44g protein; 2g carbohydrate; 5g fibre a serve
COST $3.50 a serve

1 tablespoon vegetable or olive oil
4 bacon rashers, rind removed, chopped
2 avocados, chopped
400g sliced chicken breast, chopped
½ bunch watercress, leaves picked
200g grape tomatoes, quartered
50g soft mild blue cheese, crumbled
1 tablespoon red wine vinegar
2 teaspoons Dijon mustard

1 Heat half the oil in a frying pan over high heat. Cook and stir bacon for 2 minutes or until browned and crisp. Drain on paper towel.

2 Arrange avocado, chicken, watercress and tomato on a serving platter. Top with bacon and cheese. Whisk remaining oil, vinegar and mustard in a small bowl. Drizzle dressing over salad.

TOP TIP
Not a fan of blue cheese? Use fresh ricotta, feta or cream cheese instead

Mexican Bean Fajitas

SERVES 4 **PREP** 10 minutes **COOK** 5 minutes
NUTRITION 3341kJ; 14g fat (8g sat); 19g protein; 66g carbohydrate; 5g fibre a serve **COST** $3.50 a serve

2 teaspoons vegetable or olive oil
500g beef stir-fry strips
400g can four bean mix, rinsed
300g jar chunky tomato salsa
8 flour tortillas, heated on a grill plate
1 baby cos lettuce, shredded
1 avocado, coarsely chopped
½ cup extra-light sour cream, plus ½ cup extra

1 Heat oil in a frying pan over moderately high heat. Cook and stir beef for 3 minutes or until browned. Add beans and salsa; cook and stir for 2 minutes or until heated and combined.

2 Place tortillas on a clean work surface. Top with lettuce, beef mixture, avocado and a dollop of sour cream; fold to enclose. Serve fajitas with extra sour cream.

BUDGET TIP
Omit salsa if you like. Use ½ x 400g can of diced tomatoes instead

PHOTOGRAPHY **RODNEY MACUJA**

THURSDAY

Chicken Salad with Honey Dressing

SERVES 4 **PREP** 10 minutes **COOK** 5 minutes **NUTRITION** 1918kJ; 22g fat (5g sat); 39g protein; 25g carbohydrate; 3g fibre a serve **COST** $3.50 a serve

4 thick slices ciabatta bread
2 teaspoons light olive oil
3 cups shredded cooked chicken
2 red capsicums, cut into strips
150g baby spinach
¼ cup French-style salad dressing

1 Preheat an oven-grill on high. Brush bread with oil. Grill for 2 minutes each side or until toasted. Cool slightly. Tear into bite-sized pieces.

2 Combine the chicken, bread, capsicum and spinach in a bowl. Add dressing; toss to combine.

DIY IDEA
Add 2 teaspoons of wholegrain mustard to the dressing

FRIDAY

Spicy Corn & Avocado Salad

SERVES 4 **PREP** 5 minutes **COOK** 10 minutes **NUTRITION** 2892kJ; 43g fat (13g sat); 25g protein; 46g carbohydrate; 16g fibre a serve **COST** $3.50 a serve **+ SAVE TIME** Use a 420g can of rinsed corn kernels instead.

4 corn cobs, husks and silks removed
2 x 400g cans black beans, rinsed
1 avocado, chopped
500g cherry tomatoes, halved
200g reduced-fat feta, crumbled
3 spring onions, coarsely chopped
¼ cup zesty Italian salad dressing
Lime cheeks, to serve

1 Cook corn in a saucepan of boiling salted water for 10 minutes or until tender. Drain; refresh under cold water. Using a large, sharp knife, cut kernels from cobs.

2 Combine corn, beans, avocado, tomato, feta and onion in a bowl. Arrange salad on a serving platter; drizzle with dressing. Serve with lime cheeks.

Zucchini & Feta Fritters

MAKES 30 **PREP** 10 minutes **COOK** 40 minutes **NUTRITION** 294kJ; 4g fat (2g sat); 3g protein; 4g carbohydrate; 1g fibre a serve **COST** $2.95 a serve

3 zucchinis, coarsely grated
4 eggs, at room temperature
1 cup plain flour
200g reduced-fat feta, crumbled
2 tablespoons vegetable or olive oil
200g tzatziki, to serve
Lemon wedges, to serve

1 Using hands, squeeze excess liquid from zucchini. Whisk eggs in a large bowl. Add flour; stir until smooth. Add zucchini and feta; mix to combine.

2 Heat oil in large frying pan over moderate heat. To cook 3 fritters at a time, spoon 3 separate tablespoon measures of zucchini mixture around edge of pan; cook for 2 minutes each side or until golden brown and cooked. Drain on paper towel.

3 Serve fritters with tzatziki and lemon wedges.

RECIPES+ NEW ZEALAND

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BAUER
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recipes+ JANUARY

Darius the Dragon Cake

FUN HOLIDAY COOKING
ON SALE DECEMBER 29

Look out for

- Kids in the kitchen – birthday cakes and party food
- Cool treats • Classic dishes • Coleslaw gets a makeover

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NEW ZEALAND Woman's Weekly

READER RECIPE

Asparagus & Egg Parcel

SERVES 4 **PREP** 15 minutes
COOK 35 minutes

2 large (400g) all-rounder potatoes (such as desiree), peeled
3 eggs, at room temperature
6 sheets filo pastry
40g butter, melted
440g can asparagus spears, drained
60g gouda cheese slices
1 tablespoon sesame seeds
Mixed salad, to serve
Lemon wedges, to serve

1 Preheat oven to 200°C/180°C fan-forced. Grease and line an oven tray. Place potatoes in a saucepan. Cover with cold water. Bring to the boil. Boil for 10 minutes or until just tender. Drain. Cool. Slice.

2 Meanwhile, place eggs in a small saucepan. Cover with water. Bring to the boil, stirring (this helps centre the yolks). Boil for 6 minutes. Drain; refresh under cold running water. Peel. Slice.

3 Stack pastry on a clean work surface, brushing between sheets with some of the melted butter. Place pastry stack on prepared tray. Top pastry with half the potato slices, then egg slices. Top with asparagus spears and remaining potato slices. Top with cheese. Fold pastry over to enclose filling. Tuck in ends; roll up to form a log. Place, seam-side down, onto prepared tray. Brush top with remaining melted butter. Sprinkle with sesame seeds. Bake for 25 minutes or until golden brown. Serve with salad and lemon wedges.

OUR READER RECIPE WINNER

JANICE JARMYN SAYS, "MY FAMILY LOVES THIS QUICK AND EASY RECIPE."

PHOTOGRAPHY **RODNEY MACUJA** STYLING **JANE COLLINS** FOOD PREPARATION **TESSA IMMENS**

GLUTEN-FREE Christmas treats

Everyone will be able to enjoy these delicious festive goodies

Lemon Shortbread

MAKES 20 **PREP** 20 minutes + 1 hour to chill **COOK** 20 minutes
NUTRITION 698kJ; 9g fat (4g sat); 2g protein; 27g carbohydrate; 0g fibre a biscuit

250g butter, at room temperature
½ cup caster sugar, plus 1 tablespoon extra, to sprinkle
2 tablespoons currants
2 teaspoons finely grated lemon zest
2¼ cups gluten-free plain flour

1 Using an electric mixer, beat butter and sugar in a bowl until pale and creamy. Stir in currants and zest. Add flour; stir to form a soft dough.

2 Turn out dough onto a lightly floured work surface; knead until smooth. Shape into a 5cm-thick log. Wrap in plastic food wrap; chill for 1 hour.

3 Preheat oven to 160°C/140°C fan-forced. Line 2 oven trays with baking paper.

4 Using a small, sharp knife, cut shortbread dough into 20 x 1cm-thick slices. Place on prepared trays, leaving room for spreading. Sprinkle tops with extra sugar. Bake for 20 minutes or until lightly golden. Remove from oven. Cool on trays (shortbread will firm).

BUDGET WINNER 40¢ EACH

MAKE AHEAD
You can bake the shortbread up to 3 days ahead. Store in an airtight container in a cool, dark place

Steamed Fruit Puddings

MAKES 12 **PREP** 20 minutes + standing
COOK 2 hours 5 minutes + cooling
NUTRITION 1178kJ; 17g fat (5g sat); 3g protein; 42g carbohydrate; 1g fibre a pudding **COST** $2 each

2¼ cups sultanas
1½ cups finely chopped raisins
1½ cups pitted dried dates, coarsely chopped
½ cup finely chopped dried figs
½ cup freshly squeezed orange juice
1½ cups water
1 cup firmly packed brown sugar
185g dairy-free margarine
Cooking oil spray
1 cup gluten-free self-raising flour
2 teaspoons mixed spice
1½ cups soft fresh gluten-free breadcrumbs
1 cup almond meal (ground almonds)
1 x quantity Caramel Sauce (recipe, right), to serve
100g raspberries, to serve

1 Combine sultanas, raisins, dates, figs, juice, the water, sugar and margarine in a large saucepan over low heat; cook and stir for 5 minutes or until sugar dissolves and mixture is combined. Transfer mixture to a large heatproof bowl. Cool.

2 Grease 12 (¾-cup) dariole moulds with cooking oil spray. Line bases with baking paper. Combine flour, mixed spice, breadcrumbs and almond meal in a large bowl. Stir in fruit mixture. Spoon mixture into prepared moulds; level surfaces. Cover with greased foil; secure with kitchen string.

3 Place moulds in a large saucepan. Add enough boiling water to come halfway up the sides of the moulds. Bring to the boil over moderately high heat. Reduce heat; steam, covered, for 2 hours, topping up water when necessary. Remove from heat. Carefully remove moulds from water. Stand for 5 minutes, then uncover and turn out onto serving plates. Serve warm with Caramel Sauce and raspberries.

PHOTOGRAPHY **ROB SHAW**

TOP TIP
You will need to process 3 slices of gluten-free bread for crumbs

Caramel Sauce

MAKES 1½ cups **PREP** 5 minutes
COOK 10 minutes

1 cup firmly packed brown sugar
125g dairy-free margarine
227g tub tofu cream cheese at room temperature

Place sugar and margarine in a saucepan; cook and stir over low heat for 3 minutes or until sugar dissolves. Whisk in cream cheese; cook and stir for 3 minutes or until melted and combined.

GLUTEN-FREE TIPS & TRICKS

+ READ LABELS Check all food labels to ensure all products are gluten-free.
+ SWAP IT Rice flour and cornflour are good substitutes for wheat flour.
+ STORE IT Keep nut meal in the freezer. Bring to room temperature before using.

Magical menu

Looking for that extra-special vegetarian feast? Try this for just $11.55 a head

Maple Pears with Blue Cheese & Walnuts

SERVES 6 **PREP** 20 minutes **COOK** 45 minutes **NUTRITION** 1321kJ; 10g fat (1g sat); 6g protein; 21g carbohydrate; 3g fibre a serve **COST** $2 a serve

6 small pears, peeled, cored, halved, leaving stems intact
25g butter, melted
¼ cup maple-flavoured syrup
2 tablespoons port
150g mild blue cheese
2 tablespoons finely chopped walnuts
2 tablespoons finely chopped mixed glacé fruit, plus extra, to serve (optional)

1 Preheat oven to 220°C/200°C fan-forced. Line the base of an ovenproof dish with baking paper. Place pears, cut-side up, in prepared dish. Combine butter, maple-flavoured syrup and port in a jug. Pour mixture over pears; turn to coat. Bake the pears, turning occasionally, for 40 minutes or until tender.

2 Combine blue cheese and walnuts in a bowl. Spoon cheese mixture onto pear halves. Bake for a further 5 minutes or until heated. Transfer pears to a serving platter. Serve topped with glacé fruit. Serve with extra glacé fruit (if using).

FESTIVE MENU FOR 6

+ Maple Pears with Blue Cheese & Walnuts
+ Pistachio & Cashew Pie with Cranberry Sauce
+ Baked Chilli Ricotta
+ Avocado & Asparagus Salad
+ Frozen White Chocolate Parfait

Pistachio & Cashew Pie with Cranberry Sauce

SERVES 6 **PREP** 30 minutes
COOK 55 minutes + 15 minutes to stand
NUTRITION 1543kJ; 21g fat (12g sat); 12g protein; 20g carbohydrate; 3g fibre a serve
COST $2.85 a serve

1¼ cups unsalted pistachios
¼ cup vegetable or olive oil, plus ¼ cup extra
1 onion, finely chopped
2 stalks celery, finely chopped
200g button mushrooms, finely chopped
1 cup dry roasted cashews, coarsely chopped
¾ cup soft fresh breadcrumbs
⅓ cup semi-dried tomatoes, finely chopped
2 tablespoons chopped flat-leaf parsley
1 tablespoon finely grated orange zest
5 sheets filo pastry, plus 5 sheets extra
1 quantity Cranberry Sauce (recipe, right), to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm (base measurement) round springform pan. Place pistachios in a food processor; process until finely crushed. Reserve 2 tablespoons of ground pistachio. Heat oil in a frying pan over moderate heat. Add the onion; cook and stir for 3 minutes or until soft. Add celery and mushroom; cook and stir for 2 minutes or until mushroom is tender. Transfer to a large heatproof bowl.

2 Add the ground pistachio, cashews, breadcrumbs, tomato, parsley and zest to bowl; stir to combine. Cool slightly. Stack pastry in prepared pan, brushing between sheets with some of the extra oil, to cover base and side. Using kitchen scissors, trim excess pastry so it stands 2cm above rim of pan. Spoon the pistachio mixture into the filo; level surface. Fold pastry edge over to enclose filling. Brush top with a little of the remaining extra oil.

3 Stack extra filo sheets on a clean work surface, brushing between sheets with remaining oil. Using a 20cm plate as a guide, cut a disc from pastry stack. Using an 8cm star cookie cutter, cut a star from centre of pastry disc. Place disc on top pie filling; sprinkle with reserved ground pistachio.

Bake for 50 minutes or until golden. Stand in pan for 15 minutes, then remove from pan and serve with Cranberry Sauce.

Cranberry Sauce

MAKES 1½ cups **PREP** 5 minutes
COOK 5 minutes

275g jar cranberry sauce
½ cup sweetened dried cranberries
⅔ cup freshly squeezed orange juice

Place the sauce, cranberries and juice in a small saucepan; cook and stir over low heat for 5 minutes or until melted and combined.

TOP TIP
You will need to process 2 slices of day-old bread to make the crumbs for this recipe

PHOTOGRAPHY IAN HOFSTETTER, ANDRE MARTIN, ROB SHAW & IAN WALLACE

Baked Chilli Ricotta

SERVES 6 **PREP** 15 minutes + 4 hours to chill **COOK** 50 minutes **NUTRITION** 1555kJ; 22g fat (10g sat); 8g protein; 18g carbohydrate; 4g fibre a serve **COST** **$2.60 a serve**

600g fresh ricotta
1½ teaspoons dried oregano
¼ teaspoon dried chilli flakes
2 teaspoons light olive oil, plus 2 teaspoons extra
1 fresh long red chilli
1 tablespoon chopped flat-leaf parsley
Thin strips of lemon zest, to serve
2 teaspoons lemon juice
Crackers, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease and line the base and sides a 19cm x 9cm (base measurement) loaf pan with baking paper. Combine ricotta, oregano and chilli flakes in a large bowl. Season. Press the mixture into prepared pan; level surface. Drizzle with oil. Bake for 50 minutes or until just set at the centre. Cool completely in pan (ricotta will firm). Cover with plastic food wrap; chill for 4 hours or overnight.

2 Cut chilli in half lengthwise; remove the seeds and membrane. Cut in half crosswise, then cut into long, thin strips. Combine chilli, parsley, zest, extra oil and juice in a small bowl.

3 Place baked ricotta on a serving plate. Top with chilli mixture. Serve with crackers.

Avocado & Asparagus Salad

SERVES 6 **PREP** 15 minutes **COOK** 5 minutes + cooling **NUTRITION** 1113kg; 19g fat (2g sat); 6g protein; 10g carbohydrate; 2g fibre a serve **COST** **$2.55 a serve**

2 bunches asparagus, trimmed
2 tablespoons sesame seeds
2 tablespoons brown sugar
2 tablespoons white chia seeds
1 teaspoon ground cumin
½ teaspoon sea salt flakes
¼ teaspoon ground white pepper
1 tablespoon lemon juice
2 tablespoons light olive oil
50g baby rocket leaves
3 small avocados, sliced
Lemon wedges, to serve

1 Cook asparagus in a large saucepan of boiling water for 2 minutes or until just tender. Refresh under cold running water.

2 Place the sesame seeds, sugar, chia seeds, cumin, salt and pepper in a small frying pan; cook and stir for 1 minute or until sesame seeds are golden. Remove from heat. Cool.

3 Whisk juice and oil in a bowl. Arrange the rocket leaves, asparagus and avocado on a serving platter. Drizzle with dressing. Sprinkle with sesame seed mixture. Serve with lemon wedges.

For more vegetarian ideas, go to

FOODTOLOVE.CO.NZ

BUDGET TIP

Omit the asparagus and use 150g of green beans instead

BUDGET WINNER $1.55 A SERVE

Frozen White Chocolate Parfait

SERVES 12 **PREP** 20 minutes + 6 hours to freeze **COOK** 5 minutes
NUTRITION 2413kJ; 31g fat (18g sat); 14g protein; 78g carbohydrate; 1g fibre a serve

¾ cup caster sugar
½ cup water
900ml thickened cream
10 egg yolks
360g white eating chocolate, melted, cooled
Sliced mango, raspberries, passionfruit pulp & small mint leaves, to serve

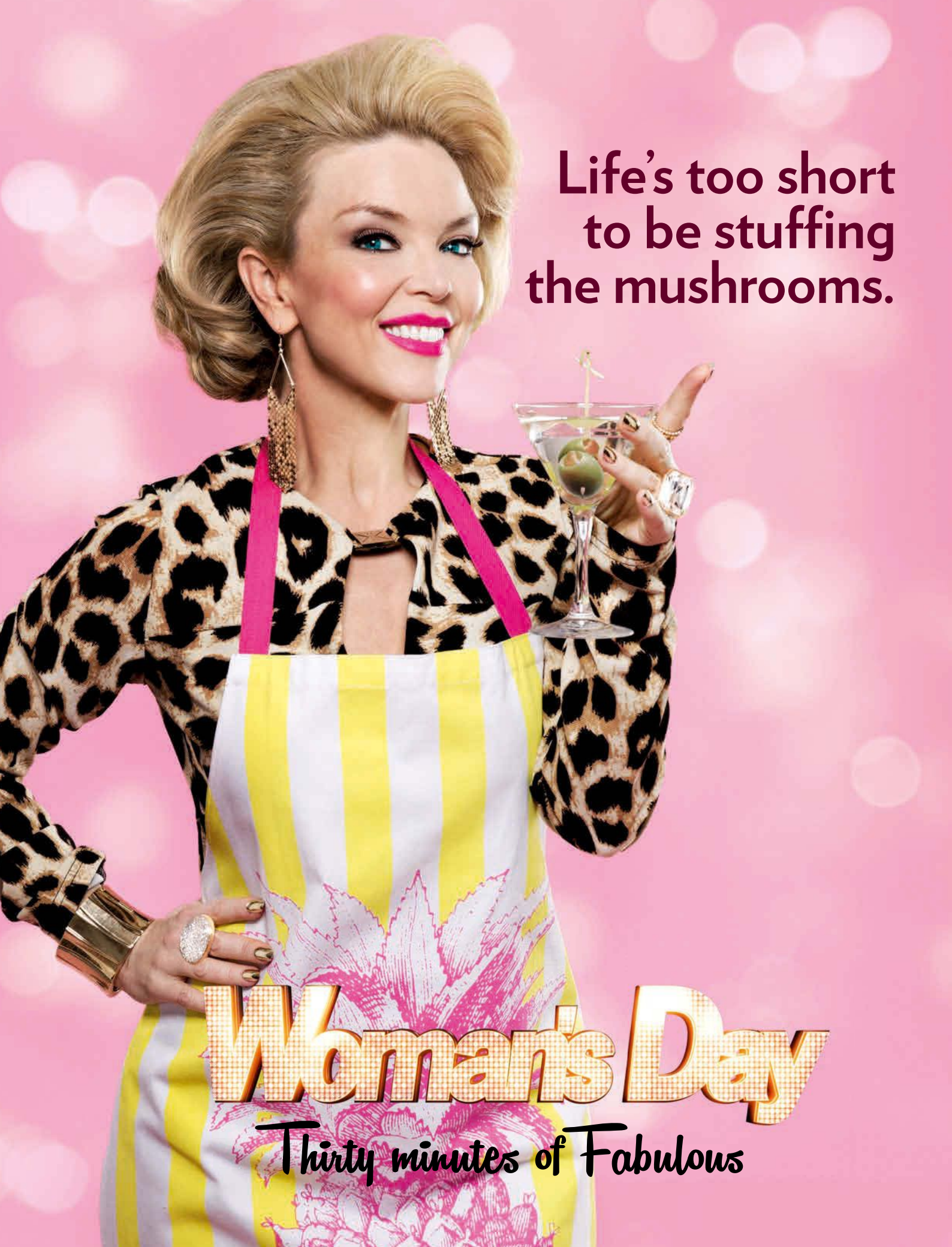
1 Grease and line a 21cm x 10cm (base measurement) loaf pan with plastic food wrap, allowing it to overhang. Combine sugar and the water in a small saucepan over moderate heat; cook and stir for 3 minutes or until sugar dissolves. Bring to the boil. Set aside.

2 Using an electric mixer, beat cream in a large bowl until soft peaks form. Using clean beaters, beat yolks in a large bowl until pale and creamy. Add cooled sugar syrup; beat for 5 minutes or until mixture thickens. Beat in melted chocolate, then fold in cream until just combined. Pour into prepared pan; level surface. Cover with plastic food wrap; freeze for 6 hours or overnight until firm.

3 Turn out onto a serving platter. Serve the parfait decorated with mango, raspberries, passionfruit and mint leaves.

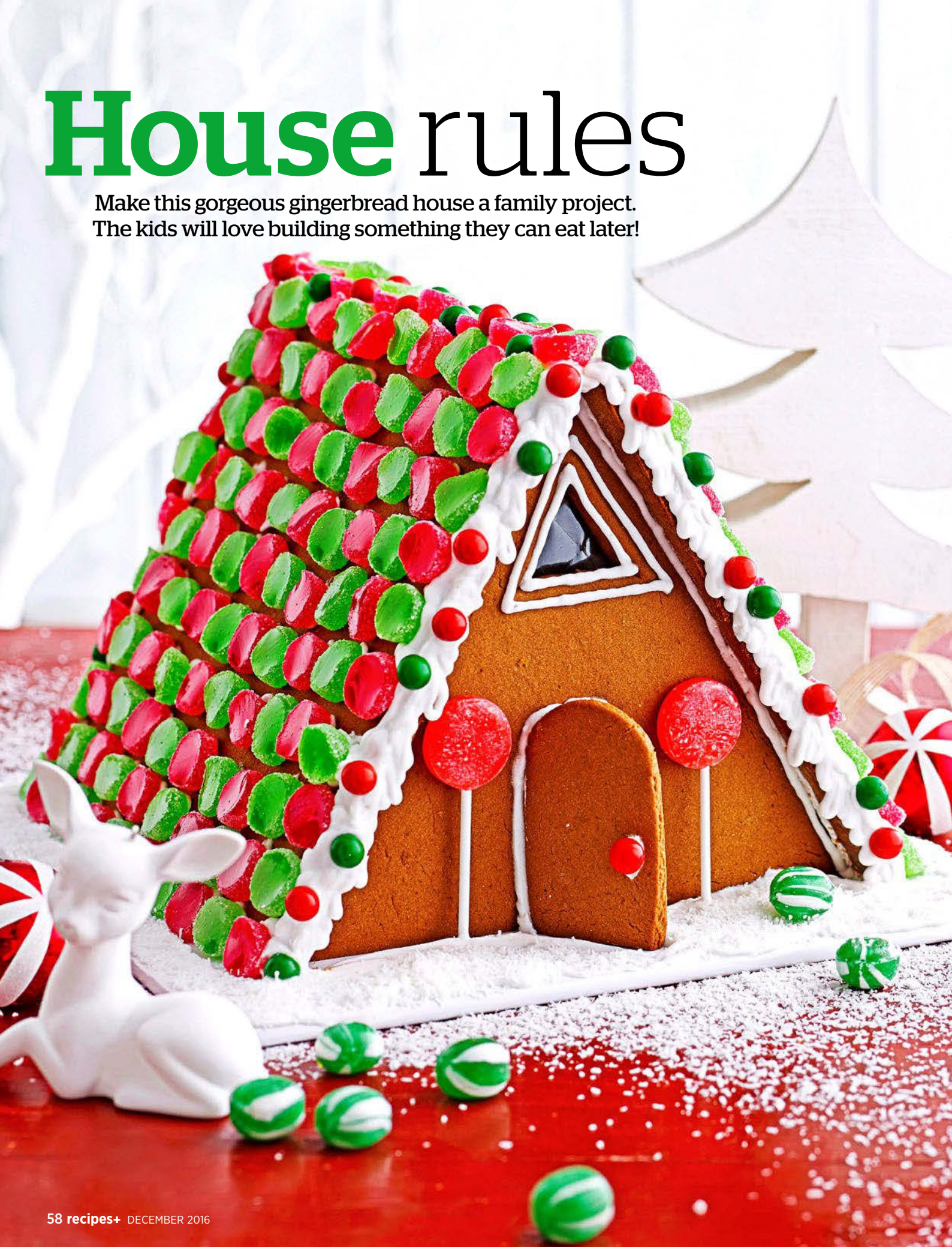
DOUBLE DESSERT

Use the leftover egg whites to make a pavlova or our Raspberry Swirl Meringue Nests on page 12


Life's too short
to be stuffing
the mushrooms.
Woman's Day
Thirty minutes of Fabulous

House rules

Make this gorgeous gingerbread house a family project. The kids will love building something they can eat later!



Gingerbread House

SERVES 10 **PREP** 45 minutes + 1 hour to stand **COOK** 15 minutes + cooling **COST** $1 a serve
+ TEMPLATES You will need to cut two 19cm x 19cm x 19cm triangles and two 20cm x 22cm rectangles out of cardboard.
+ MAKE AHEAD The Gingerbread House can be assembled up to 2 days ahead. **+** Once completed, the house can be kept in a cool place for up to 3 days, or until eaten!

2 x quantities Basic Gingerbread Dough (recipe, below right)
Cardboard templates (see above)
2 sheets leaf gelatine
1 x quantity Royal Icing (recipe, right)
40cm square covered cake board
Assorted red and green lollies, for filling
Red and green hard jelly lollies, halved
Red and green sugar-coated chocolate balls
2 red lollipops
1 cup desiccated coconut

1 Preheat oven to 180°/160°C fan-forced. Line 3 oven trays with baking paper. Roll each quantity of Basic Gingerbread Dough on a lightly floured surface until 5mm thick. Using templates, cut 2 triangles and 2 rectangles from dough. Using a sharp knife, cut a door and a window out of one of the triangles for the front of the house, using picture as a guide. Cut a window out of the other triangle for the back of the house. Place on the prepared trays, allowing room for spreading. Bake, in batches, for 10 minutes or until the gingerbread is firm to the touch. Working quickly with a large, sharp knife, trim edges of the gingerbread shapes to ensure they are all straight. Cool on trays (gingerbread will firm).

2 Trim gelatine leaves to slightly larger than the windows. Use a small amount of Royal Icing to secure gelatine to the backs of each of the windows. Use 2 heavy cans or jars to hold up the 2 triangular ends on the cake board. Spoon remaining Royal Icing into a piping bag fitted with a 5mm plain piping nozzle. Pipe icing along the top edges of both triangles. Carefully position each of the rectangular pieces against the triangular ones so the piped icing secures them together. Pipe the icing along the top of the gingerbread house to join the rectangular sides together. Set aside for 1 hour or until icing sets.

3 Fill the house with assorted lollies by carefully pushing them through the door.

4 Using picture as a guide, decorate roof with halved lollies and chocolate balls, securing with icing. Attach lollipops on either side of the door. Pipe icing around door and windows, and along the edges of the roof; secure door to the house. Using icing, attach a chocolate ball to the door for a handle.. Spread remaining icing around the house on the board. Sprinkle coconut over icing to resemble snow.

Royal Icing

MAKES 1 cup **PREP** 5 minutes
+ TOP TIP It's important to use pure icing sugar. Lemon juice helps to set the icing.

2 egg whites
3 cups pure icing sugar, sifted
2 teaspoons lemon juice

Using an electric mixer, beat egg whites in a small, dry, clean bowl until frothy (Don't whip into peaks). Gradually add the icing sugar, 1 tablespoon at a time, to get the required piping consistency. Beat in juice.

BASIC GINGERBREAD DOUGH

MAKES 1 quantity **PREP** 10 minutes + 30 minutes to chill
+ MAKE AHEAD Gingerbread dough is suitable to freeze for up to 1 month. **+** Gingerbread can be baked up to 1 day ahead. Store in an airtight container in a cool, dark place.

125g butter, at room temperature
½ cup firmly packed brown sugar
½ cup treacle
1 egg yolk
2 cups plain flour
½ cup self-raising flour
1 teaspoon baking soda
1 tablespoon ground ginger
1 teaspoon mixed spice
1 teaspoon ground cinnamon

Using an electric mixer, beat butter, brown sugar, treacle and egg yolk in a large bowl until pale and creamy. Stir in the plain and self-raising flours, baking soda, ginger, mixed spice and cinnamon. Turn out dough onto a lightly floured work surface; knead until smooth. Cover dough with plastic food wrap; chill for 30 minutes.

PHOTOGRAPHY JAMES MOFFATT

Cold comfort

This make-ahead centrepiece creates an easy dessert for a crowd!

Choc Berry Ice-cream Bombe

SERVES 10 **PREP** 15 minutes + 6 hours to freeze **COST** $1.50 a serve

400g store-bought chocolate Swiss roll cake
2 litres boysenberry ice-cream, softened slightly
425g can mixed berries in syrup
100g raspberries, to serve

1 Grease and line a 2-litre (8-cup) pudding basin with plastic food wrap to cover base and extend 5cm over rim of basin.

2 Cut cake into 1cm-thick slices. Line the prepared pudding basin with cake to cover. Spoon ice-cream onto cake in basin; level surface. Cover with plastic food wrap, then foil; freeze for 6 hours or overnight until firm.

3 Place undrained mixed berries in a food processor; process until almost smooth. Transfer sauce to a jug. Turn ice-cream bombe out onto a serving plate. Remove plastic food wrap. Top with raspberries. Serve cut into wedges with berry puree.

TIPS & TRICKS

+ STAND IT Have ice-cream at room temperature for 5 minutes to soften. Do not microwave.
+ DIY IDEA Try using vanilla Swiss roll and strawberry ice-cream.
+ MAKE AHEAD You can make ice-cream bombe up to 3 weeks ahead. Keep well covered to prevent freezer burn.

PHOTOGRAPHY PHILLIP CASTLETON

Merry cherries

Cherries are at their peak now so grab a bag and get in a festive mood with our jolly recipes

TOP TIP
You can replace wine with orange juice

Cinnamon Cherries with Zabaglione

SERVES 4 **PREP** 10 minutes + 30 minutes to chill **COOK** 10 minutes **COST** $2.95 each

½ cup water
¼ cup caster sugar, plus ¼ cup extra
1 cinnamon stick
400g cherries, pitted
4 egg yolks
⅓ cup sweet white wine

1 Combine the water, sugar and cinnamon stick in a saucepan over low heat; cook and stir for 2 minutes or until sugar dissolves. Increase heat. Bring to the boil. Reduce heat. Add cherries; simmer for 3 minutes or until cherries are just tender. Cool. Chill for 30 minutes.

2 Meanwhile, to make zabaglione, whisk egg yolks and extra sugar in a heatproof bowl until pale and creamy. Whisk in wine. Place bowl over a saucepan of simmering water (don't let base of bowl touch water). Cook and whisk for 5 minutes or until mixture doubles in volume.

3 Spoon chilled cherries and syrup into serving glasses. Top with zabaglione.

CHERRY KNOW-HOW

+BUYING Look for fruit without soft patches and with stems intact.
+STORING Keep in an airtight container in the fridge for up to 4 days. Bring to room temperature before using.
+USING Add pitted cherries to cheesecakes, slices, fruit cakes, friands, cupcakes and ice-creams. They're also great in stuffings for turkey and pork, or as part of a cheese platter.

Peach & Cherry Ripple Sorbet

SERVES 8 **PREP** 15 minutes + cooling + 6 hours to freeze **COOK** 15 minutes **+ TOP TIP** To peel peaches, use a small, sharp knife to cut a small cross at the base of each peach. Place in a heatproof bowl; cover with boiling water. Stand for 10 seconds or until skin begins to lift at cut area. Transfer to a bowl of iced water; peel.

2 cups water
1 cup caster sugar
8 peaches, peeled (see tip), coarsely chopped
2 teaspoons vanilla bean paste
2 egg whites
1 cup cherries, pitted

1 Place a 1.5-litre (6-cup) metal container in the freezer. Combine the water and sugar in a saucepan over low heat; cook and stir for 2 minutes or until sugar dissolves. Increase heat. Bring to the boil. Reduce heat; simmer, without stirring, for 10 minutes or until syrupy. Remove from heat. Cool to room temperature.

2 Place peach and sugar syrup in a food processor; process until almost smooth. Stir through vanilla bean paste. Pour into prepared container; level surface. Freeze for 3 hours, stirring occasionally with a fork, or until partially set.

3 Transfer peach mixture to a food processor. Add egg whites; process until smooth. Fold through cherries. Return to container; level surface. Freeze for 3 hours or until firm.

Chocolate & Cherry Hazelnut Tart

SERVES 8 **PREP** 20 minutes + 3 hours to chill **COOK** 20 minutes **COST** $2 a serve

1 cup plain flour
100g butter, chilled, chopped
⅓ cup hazelnut meal (ground hazelnuts)
1 tablespoon caster sugar
2 egg yolks, plus 2 extra
1 tablespoon cold water, plus 1 tablespoon hot water extra
1 teaspoon powdered gelatine
¾ cup thickened cream, plus whipped cream extra, to serve
300g milk eating chocolate, melted, cooled slightly
2 egg whites
1 cup cherries, pitted, plus extra, to serve

1 Combine flour, butter, hazelnut meal and sugar in a food processor; process to make fine crumbs. Add egg yolks; pulse until combined. Add the cold water; process until mixture just comes together. Turn out onto a lightly floured work surface; knead briefly. Shape into a disc. Wrap in plastic food wrap; chill for 30 minutes.

2 Grease a 22cm (base measurement) fluted tart pan. Place on an oven tray. Roll out pastry between 2 sheets of baking paper until 5mm thick. Line prepared pan with pastry; trim edges. Chill for 30 minutes.

3 Preheat oven to 200°C/180°C fan-forced. Line pastry with baking paper. Cover base with dried beans, rice or pie weights. Bake for 10 minutes. Remove weights and paper. Bake for a further 10 minutes or until just coloured.

4 Meanwhile, sprinkle gelatine over extra hot water in a small heatproof jug. Stir until gelatine dissolves. Using an electric mixer, beat cream and extra yolks in a large bowl until soft peaks form. Gradually pour in melted chocolate, beating until smooth. Beat in gelatine mixture. Using clean electric beaters, beat egg whites in a large, dry, clean bowl until soft peaks form. Using a large metal spoon, fold egg white, in batches, into chocolate mixture. Fold in cherries until just combined. Pour chocolate mixture into pastry shell; level surface. Chill for 2 hours or until set.

5 Serve tart topped with whipped cream and extra cherries.

PHOTOGRAPHY **ROB SHAW**

3 Ways with turkey

Create a stunning meal to celebrate Christmas using this favourite ingredient

Quince-glazed Turkey

SERVES 6 **PREP** 15 minutes **COOK** 1 hour 10 minutes + 10 minutes to rest
COST **$3.90 a serve**
+ DIY IDEA Omit orange. Use grapefruit slices instead.

1.2kg turkey breast fillet
1 quantity Quince Glaze (recipe, right)
1 orange, scrubbed, unpeeled, sliced
4 large all-rounder potatoes (such as desiree), thinly sliced
¼ cup light olive oil
2 bunches baby carrots, trimmed, scrubbed
½ cup quince paste, to serve

1 Preheat oven to 180°C/160°C fan-forced. Place a wire rack in an ovenproof dish.

2 Place turkey on prepared rack. Brush with half the Quince Glaze. Arrange orange slices over top of glaze; secure with toothpicks. Roast turkey, brushing occasionally with remaining glaze, for 1 hour 10 minutes or until cooked. Cover with foil; rest for 10 minutes. Remove toothpicks.

3 Meanwhile, combine potatoes and oil on an oven tray. Roast for 40 minutes or until golden and tender, adding carrots in last 20 minutes of cooking.

4 Serve turkey with potato, carrots and quince paste.

Quince Glaze

MAKES ½ cup **PREP** 5 minutes
COOK 5 minutes

¼ cup quince paste
¼ cup port
¼ cup freshly squeezed orange juice
1 teaspoon chopped thyme

Place quince paste, port, juice and thyme in a saucepan; cook and stir over low heat for 3 minutes or until melted and smooth. Increase heat. Bring to the boil. Boil for 2 minutes or until mixture thickens slightly.

TIPS & TRICKS

+ BUYING Turkey breast fillets are available from most major supermarkets. They're quicker to cook than a whole turkey, and a lot easier to carve.
+ STORING Try to buy turkey within 1-2 days of using. Store in the coldest section of the fridge, or label, date and freeze for up to 2 months. Thaw completely in the fridge before preparing and cooking.
+ COOKING Turkey is a very lean meat. Therefore, be careful when setting oven temperatures and timers – make sure they're exact to prevent turkey from overcooking.

Turkey Breast Wellingtons

BUDGET WINNER $3.70 A SERVE

SERVES 8 **PREP** 45 minutes + 30 minutes to chill **COOK** 55 minutes + cooling
+ MAKE AHEAD You can prepare turkey to end of step 3 up to 4 hours ahead.

600g turkey breast fillet, cut in half horizontally
400g thin pork sausages
2 tablespoons Dijon mustard
2 tablespoons thyme leaves
8 thin bacon rashers, rind removed
3 sheets frozen puff pastry, thawed
1 egg, lightly whisked
Roast pumpkin and steamed green beans, to serve
Cranberry sauce, to serve

1 Place each piece of turkey between 2 sheets of baking paper. Using a meat mallet or rolling pin, flatten to a 2cm thickness. Squeeze sausage meat from casings.

2 Spread 1 turkey steak with 1 tablespoon of the mustard, then scatter with 1 tablespoon of the thyme. Spread half the sausage meat lengthwise along closest edge. Roll up tightly to enclose. Repeat with remaining turkey, mustard, thyme and sausage meat to make another turkey roll.

3 Arrange 4 slices of bacon on a piece of foil, overlapping slightly. Place 1 turkey roll along the bottom edge of bacon; roll up to enclose. Wrap tightly in foil. Repeat with remaining bacon and turkey rolls. Chill for 30 minutes.

4 Preheat oven to 180°C/160°C fan-forced. Place foil-wrapped turkey rolls in an ovenproof dish. Roast for 35 minutes. Cool.

5 Increase oven temperature to 220°C/200°C fan-forced. Line an oven tray with baking paper. Cut 1 sheet of pastry in half. Unwrap turkey; discard foil. Place each roll on a halved pastry sheet. Cover each with a remaining pastry sheet. Using fingertips, press edges to seal. Transfer to prepared tray. Using a small, sharp knife, lightly score the top of pastry. Brush tops with egg. Bake for 20 minutes or until pastry is puffed and golden brown. Serve with roast pumpkin, beans and cranberry sauce.

PHOTOGRAPHY **BEN DEARNLEY & ROB SHAW**

Mixed Herb Rolled Turkey with Lemon Mayonnaise

SERVES 6 **PREP** 15 minutes **COOK** 1 hour 10 minutes + 15 minutes to rest
COST $3.90 a serve

1.4kg turkey breast fillet, skin on
1 loosely packed cup basil, coarsely chopped
1 loosely packed cup flat-leaf parsley, coarsely chopped
1 loosely packed cup mint, coarsely chopped
2 cloves garlic, crushed
2 teaspoons finely grated lemon zest
2 tablespoons vegetable or olive oil, plus 1 tablespoon extra
1 quantity Lemon Mayonnaise (recipe, below), to serve
Mixed salad and lemon wedges, to serve

1 Preheat oven to 180°C/160°C fan-forced. Place a wire rack in an ovenproof dish. Place turkey, breast skin-side down, on a work surface. Using a sharp knife, cut horizontally into side of turkey, not all the way through, to open out and sit flat (butterfly).

2 Combine basil, parsley, mint, garlic, zest and oil in a bowl. Spread over turkey. Roll up turkey to form a log; secure with kitchen string.

3 Place turkey on prepared rack. Drizzle with extra oil. Roast, basting occasionally with any pan juices, for 1 hour 10 minutes or until juices run clear when turkey is pierced. Cover with foil; rest for 15 minutes. Slice turkey. Serve with Lemon Mayonnaise, mixed salad and lemon wedges.

Lemon Mayonnaise

MAKES 1 cup **PREP** 5 minutes

1 egg yolk
1½ tablespoons lemon juice
2 teaspoons Dijon mustard
⅔ cup extra-light olive oil
3 teaspoons finely grated lemon zest

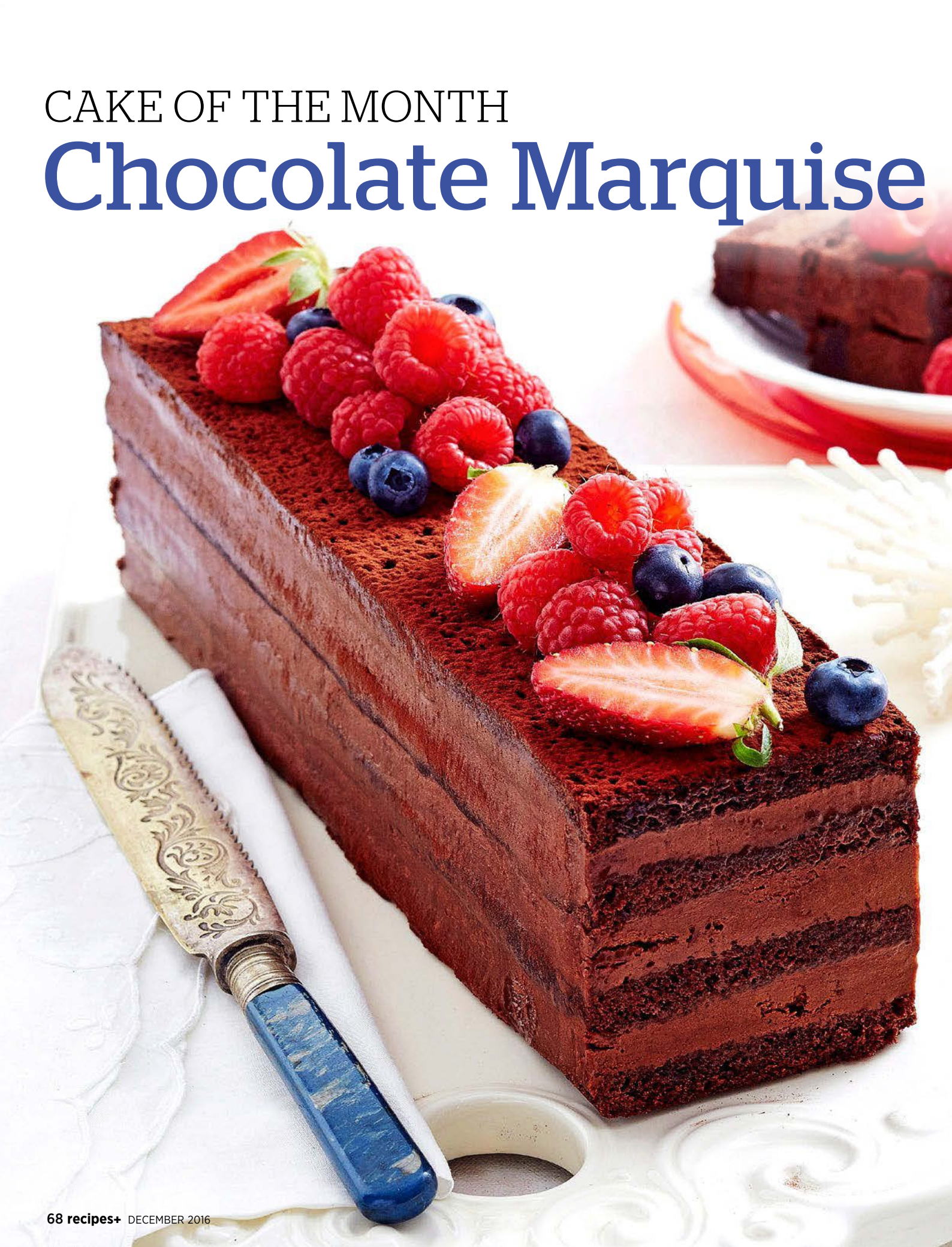
Place egg yolk, juice and mustard in a small food processor; process until combined. With motor operating, gradually add oil in a thin, steady stream until mixture thickens. Transfer to a bowl. Stir in zest. Season.

MAKE AHEAD

You can prepare the Lemon Mayonnaise up to 1 day ahead. Store in an airtight container in the fridge

CAKE OF THE MONTH

Chocolate Marquise



Loaf

This rich chilled treat is a winning combination of chocolate mousse and chocolate cake. It will be a huge hit with your guests over the party season

PHOTOGRAPHY **ROB SHAW**

Chocolate Marquise Loaf

SERVES 12 **PREP** 30 minutes + 5 hours to chill + cooling **COOK** 35 minutes
COST **$1.80 a serve**

540g packet devil's food cake mix
3 eggs, plus 4 egg yolks extra
⅓ cup vegetable or sunflower oil
200g dark eating chocolate
100g milk eating chocolate
150g butter, at room temperature
¼ cup caster sugar, plus ¼ cup extra
⅓ cup cocoa powder, plus extra, to dust
300ml thickened cream, whipped
Mixed berries, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease and line the base and sides of a 22cm x 8cm (base measurement) bar cake pan with baking paper. Prepare cake following packet directions, using eggs and oil. Pour into prepared pan; level surface. Bake for 30 minutes or until a skewer inserted at centre comes out clean. Stand in pan for 5 minutes, then turn out onto a wire rack to cool completely.

2 Using a serrated knife, level top of cake. Cut cake horizontally into 4 equal pieces. Using the same cake pan, line base and sides with two layers of plastic food wrap, allowing it to overhang on all sides.

3 Place dark and milk chocolates in separate heatproof bowls over saucepans of simmering water (don't let bases of bowls touch the water). Cook and stir for 3 minutes or until chocolate is melted and smooth. Remove from heat. Remove bowls from saucepans.

4 Using an electric mixer, beat butter, sugar and cocoa powder in a large bowl until combined. Stir in melted chocolates. In a separate bowl, whisk extra egg yolks and extra sugar until pale and creamy. Fold egg yolk mixture through chocolate mixture. Fold whipped cream through chocolate mixture until just combined.

5 To assemble cake, place one piece of cake in base of prepared pan. Top with a third of the chocolate mixture; level surface. Repeat layers, finishing with a piece of cake. Cover with plastic food wrap; chill for 5 hours or overnight until firm.

6 Turn cake out onto a serving plate; remove plastic food wrap. Using a palette knife heated under warm running water, smooth sides and top of cake. Top with mixed berries. Serve dusted with extra cocoa powder and topped with mixed berries.

TIPS & TRICKS

+ MAKE AHEAD You can make the cake up to the end of step 1 up to 2 days ahead. Store in an airtight container in a cool, dark place.
+ WHIP IT For best results, make sure your cream is well chilled before whipping.
+ DIY IDEA Use 300g white eating chocolate instead of milk and dark chocolates. Omit cocoa powder. Use 2 tablespoons custard powder instead. Serve cake dusted with icing sugar.

Seafood bonanza

'Tis the season to add a speedy splash of seafood to the menu

1 Tuna Dip

Ready in 10 minutes

185g can tuna in chilli oil + **250g smooth ricotta** + **⅓ cup finely chopped flat-leaf parsley** + **1 tablespoon capers, drained, finely chopped** + **1 tablespoon lemon juice** + **1 clove garlic, crushed** + **½ teaspoon sweet paprika** + **Sliced Turkish pide, char-grilled, to serve** + **Blanched asparagus spears, to serve** Drain tuna; reserving 1 tablespoon of oil. Flake tuna; place in a bowl. Add ricotta, parsley, capers, juice and garlic to tuna; mix well. Spoon tuna mixture into a serving bowl. Drizzle with reserved oil; sprinkle with paprika. Serve with bread and asparagus. **Makes 2 cups**

MAKE AHEAD
You can make the Tuna Dip up to 1 day ahead

2 Smoked Salmon Omelette Wraps

Ready in 25 minutes

5 eggs + 2 teaspoons mirin + 1 teaspoon light soy sauce + 1½ tablespoons vegetable oil + 1 avocado, thinly sliced + 1 teaspoon lemon juice + ⅓ cup mayonnaise + 3 teaspoons wasabi paste + 200g smoked salmon slices, halved + 1 Lebanese cucumber, cut into matchsticks + 3 spring onions, thinly sliced + 2 small red radishes, finely chopped + Lime wedges, to serve Grease and line an oven tray with baking paper. Whisk eggs, mirin and soy sauce in a large jug. Heat 1 teaspoon of the oil in a large frying pan over moderate heat. Pour in one-sixth of the egg mixture; cook for 1 minute or until set underneath. Turn; cook for a further minute or until golden brown. Slide onto a heatproof plate. Repeat with remaining oil and egg mixture to make 6 omelettes in total. Combine avocado and juice in a bowl. Whisk mayonnaise and wasabi in a bowl. Spread omelettes with wasabi mayonnaise. Top with salmon, avocado, cucumber, onion and radish. Roll up tightly to form a log. Cut in half diagonally. Serve with lime wedges. **Serves 12**

PHOTOGRAPHY **ANDRE MARTIN**

3 Red Curry Fish Cakes
Ready in 30 minutes

500g firm white boneless fish fillets, chopped + 2 tablespoons Thai red curry paste + ⅔ cup soft fresh breadcrumbs + 2 spring onions, coarsely chopped + 1 tablespoon fish sauce + 1 tablespoon lemon juice, plus lemon wedges, to serve + ½ cup chopped green beans + 2 tablespoons coriander, plus extra sprigs, to serve + 2 fresh small red chillies, deseeded, finely chopped + Vegetable oil, to shallow-fry + ⅔ cup sweet chill sauce, to serve Line an oven tray with baking paper. Place fish, paste, breadcrumbs, onion, fish sauce and juice in a food processor; process until smooth. Transfer mixture to a large bowl. Add beans, coriander and chilli; stir to combine. Using damp hands, roll heaped tablespoons of mixture into 16 balls; flatten slightly. Place on prepared tray. Heat oil in a large frying pan over high heat. Shallow-fry cakes, in 2 batches, for 1 minute each side or until cooked. Drain on paper towel. Serve with sweet chilli sauce, lemon wedges and extra coriander. **Serves 8**

4 Prawn Bruschetta
Ready in 20 minutes

½ breadstick (baguette), sliced + ¼ cup light olive oil + 1 clove garlic, crushed + 150g spinach with cashew and parmesan chunky dip + 16 cooked, peeled prawns, deveined + 4 slices lemon, quartered Preheat an oven grill to high. Line an oven tray with foil. Place bread on prepared tray. Whisk oil and garlic in a bowl. Brush bread with oil mixture. Grill bread for 1 minute each side or until golden brown. Spread bread with dip. Top with a prawn and a lemon slice. **Serves 8**

BUDGET TIP
Omit spinach and cashew dip. Use cream cheese spread instead

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Total bliss

Here's how to satisfy that sweet tooth craving in minutes

Cacao Bliss Balls

MAKES 16 **PREP** 15 minutes + 15 minutes to stand + 30 minutes to chill **COST** 80c each

1 cup fresh pitted dates, chopped
1 cup roasted unsalted cashews
½ cup blanched almonds
½ cup traditional rolled oats
½ cup desiccated coconut, plus ½ cup extra, to coat
½ cup cacao powder, sifted, plus 1 tablespoon extra
1 tablespoon coconut oil

1 Place dates in a heatproof bowl. Cover with boiling water; stand for 15 minutes or until soft. Drain.

2 Combine cashews, almonds and oats in a food processor; process until finely chopped. Add dates, desiccated coconut, sifted cacao powder and oil; process until mixture comes together.

3 Using damp hands, roll mixture into 16 balls. Combine the extra desiccated coconut and extra cacao powder on a large flat plate. Roll balls in coconut mixture to coat. Place on a plate. Chill for 30 minutes or until firm.

66 recipes+ SEPTEMBER 2016

"Here's my attempt (below) at the Cacao Bliss Balls in the September issue. They really were so easy to make – and great for a snack post-workout."

Michelle Page

Trim the TREE

Make it a white Christmas with these little edible beauties!

Marshmallow Crackle Trees

MAKES 8 **PREP** 15 minutes + cooling + 3 hours to chill **COOK** 5 minutes
COST $1 each

450g white cooking chocolate, chopped, plus 50g extra, melted
4 cups Rice Bubbles
100g white marshmallows, halved
⅓ cup chopped strawberry sour straps, plus extra straps, cut into thin ribbons, to decorate
8 ice-cream cones

1 Place chocolate in a heatproof bowl over a saucepan of simmering water (don't let base of bowl touch the water); cook and stir for 4 minutes or until melted and combined. Cool. Stir in cereal, marshmallows and chopped sour strap.

2 Spray the inside of the ice-cream cones with cooking oil spray. Spoon the white chocolate mixture into prepared cones, pressing down firmly. Place cones on a tray; chill for 3 hours or until set.

3 Remove crackle trees from ice-cream cones. Place upright on a serving platter. Using a little of the extra melted chocolate, attach sour strap ribbons to trees to decorate.

TRY THESE, TOO!

+ PEANUT BUTTER TREES
Omit marshmallows. Add ⅓ cup smooth peanut butter instead.
+ DARK CHOCOLATE TREES
Omit white chocolate. Use 375g dark eating chocolate instead. Use pink marshmallows instead of white.
+ CARAMEL FUDGE TREES
Omit marshmallows. Add ⅓ cup finely chopped caramel fudge instead.

TOP TIP
To create a snow-like effect, dust trees with icing sugar

PHOTOGRAPHY **PHILLIP CASTLETON**

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